The Art of SPIRITUAL HYPNOSIS

ACCESSING DIVINE WISDOM

Edited by Roy Hunter

Chapters by: Howard Batie, Bruni Brewin, Bruce Eimer, Cindy Locher and Jody Kimmell, Claudia Klein, Eugene Popa, Seth-Deborah Roth, Patricia Scott, Joni and Ray Zukowski

Case Summaries by Guest Authors: Paul Aurand, Dee Chips, Beryl Comar, Tom Evans, Lorraine Gleason, Marilyn Gordon, Michelle Mayur, Leslie McIntosh, Carsten Milling, Eric Rosen, Stephanie Rothman, Kelly Tallaksen, Susan Turner, Teresa van Zeller, Katherine Zimmerman

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with Case Summaries contributed by

Hypnosis Professionals around the World:

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Dedication

This book is dedicated to all who seek answers from God or a Higher Power.

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Preface

Preface

Personally, I define relaxation as a state of body and mind resulting from focus of attention upon anything pleasant, and exclusion of most other thoughts. Hypnosis is a state of body and mind resulting from focus of attention on one thought to the exclusion of other thoughts. Thus, one can be hypnotized by pleasure or fear. There is evidence in cave painting that suggests that the trance state has been known for at least six thousand years.

In the Western world, Anton Mesmer is considered the forefather of what James Braid converted to hypnotism, a word which literally means sleep. Hypnotism was rejected by both medicine and most psychologists until well into the latter part of the twentieth century. Today, we know that hypnosis can lead to sudden miraculous healing and is used for a wide variety of possible benefits.

There are indeed many spiritual uses of hypnosis, induced by sound, music, light, vibration, and thought. Religious literature is filled with discussions of sudden mystical transformation experiences. Personally, I have practiced Past Life Therapy as one of the most effective treatments for almost any disorder.

The current book, *The Art of Spiritual Hypnosis,* includes the spiritual transformations common after Near-Death Experiences as well as those of transcendent Past Life Regressions. Whatever the initial “cause” of the remarkable changes, all of the numerous examples are near miracles brought about by a mystical event.

Ultimately, it is our ever-present search for the divine that is the path of the mystic and that of the spiritual life. Since a huge majority of people trust and believe in God, the incorporation of prayer and spiritual expectation into the guided imagery of a therapist is an ideal marriage of special techniques for ultimate healing. The numerous examples presented here offer a solid foundation for everyone to use and enjoy.

C. Norman Shealy, MD, PhD
CEO, National Institute of Holistic Medicine
Author of *Living Bliss*

Foreword

Foreword

Kourosh Edalati, MD, FRCPC

by Kourosh Edalati, MD, FRCPC

"Don't grieve. Anything you lose comes in another form," says Rumi, alluding to life taking form beyond the physical domain. Albert Einstein became world famous with his equation "E=MC2." His intention was to bring a scientific understanding of our existence in this cosmos through his relativity theory. Essentially, he is telling us the same as Rumi, that energy and mass are interconvertible. This can be interpreted from a spiritual perspective, meaning we continue our existence in an energy form when we leave our bodies. Some may even call it the "spirit."

In the last twenty-five years, there has been a steady shift in our spiritual awakening and the journey to find meaning behind the word *spirit*. At times, we have embraced science for showing us the path, connecting the "spiritual" mind and the "material" mind; and at times we have abandoned science because it has attempted to define only *empirically* the "essence of our spirits." Whatever our inclinations, whether to define spirituality through science or through faith, deep down many of us believe that there is more than meets the eye when it comes to the spiritual experience. Meet altered states of consciousness, one of them hypnosis!

In this state, whether self-induced or facilitated by a hypnotist, people oftentimes experience a dissociation of mind and body along with altered perceptual abilities, as well as a distorted sense of time and space. Many find healing through simply visiting this altered state of consciousness, and I have been the witness of this firsthand through my clinical practice with my patients. I have seen many healing transformations, which were never about the therapist, but rather about a unique experience that each patient chooses to bring to the therapy session.

Despite these transformative results, sometimes I encounter patients who have difficulty healing from their mental health issues with my regular hypnoanalytic toolset (such as regression and ego-state therapies), patients some may call “resistant.” As the father of modern hypnosis, Erickson once said: “Resistance is an energy; use it, don’t fight it.” In the context of these “resistant” patients, it just means that there was a form of energy that needed to be activated and utilized for that person to let go of their difficulties. This is when I came across past life regression and spiritual hypnosis. Sometimes, during a hypnotic regression session, the patient would go beyond his or her current life (birth), always without any suggestion to do so, and enter a life or dimension or state that would reveal the cause of the presenting problem with the solution almost customized for the patient.

In awe of how this occurred, almost without my intervention, I asked myself: *Where was the source of this energy coming from that helped the patient move through difficulties, release the cause, and miraculously heal?* I wondered: *Who or what was pulling the patient into another life/realm/state?* My simple explanation, as I am a scientist and I like to simplify answers, was that there is a source beyond the energy of the individual creating this push to overcome his or her resistance.

If you are a physicist, you may call this source a “parallel universe with alternate realities.” But if you believe in God, you may choose to label it as “divine intervention by spirit guides or angels.” I chose the term “higher energy forms or states.”

Irrespective of the name given to the source of this energy, the end result of spiritual hypnosis, as witnessed throughout history and recently by many clinicians, is one of amazing transformation and healing. The trail to understanding clinical hypnosis is still mostly unwalked, and many are still searching for answers. Always a trailblazer, my friend and mentor, Roy,

with his new book *The Art of Spiritual Hypnosis*, is setting a path for many of us to understand the connection of spirit and higher energy forms when it comes to healing.

A superbly gifted clinician, distinguished lecturer, educator, and brilliant author, while an incredibly compassionate and caring human being, Roy Hunter brings to life yet another enriching reading experience in this new book. In *The Art of Spiritual Hypnosis*, he brings together the clinical experiences of various clinicians in order to shed light on the role of hypnosis as a tool in employing our spiritual capacity to heal. The book is demystifying our often deeply-felt (but often dismissed) sense that there is something beyond our own subconscious mind in helping the healing, namely higher beings and higher selves. With concrete examples, Roy and the other contributing authors give us glimpses of what is possible in terms of healing through a world of spiritual hypnosis.

As a psychiatrist, I am always asked to formulate my patients' lives in a bio-psycho-socio-spiritual model. We are asked to help our patients, but in a framework of how a person's spiritual beliefs play a role in either the original creation of the problem or its resolution. Despite our best efforts to reach a person within the spiritual belief system of that patient, the challenge with this model lies in our inability to find a way to access the patient's spiritual domain rapidly and safely, which would help set the patient on a healing path. The examples in this book show us how to utilize clinical hypnosis and spiritual beliefs together to help our patients. Our patients not only rediscover their meaning behind the word "spirit," but also use the energy behind this meaning to enjoy better mental and emotional health after their healing takes place.

I invite you to open up to possibilities in the spiritual domain and join Roy Hunter in this incredible journey for the spirit.

Kourosh Edalati, MD, FRCPC
Founder, Core Change Training Institute

Introduction

Introduction

C. Roy Hunter, DIMDHA, FAPHP

People of all faiths pray, seeking answers from a Higher Power. Whether or not you pray often, seldom, or never, have you ever wondered what it would feel like to receive an *immediate response* from a prayer?

While countless numbers of people claim to have instant answers during times of peril or when a life's in danger, countless others have prayed repeatedly for ongoing concerns that seem to go on and on. Many millions of people would like to believe their prayers are really heard, often wishing that God would give them some words of wisdom, love, and encouragement.

What if hypnosis and meditation were keys to making this possibility become reality? What if the combination of hypnosis and prayer could provide you with the ability to ask God a question and receive an immediate answer?

Can hypnosis strengthen your faith in God or the Creator? What if you knew that a competent hypnosis professional could guide you to a place in your mind where you could ask for Divine wisdom from your Higher Power and receive immediate answers to empower you to improve your life?

Perhaps this may sound somewhat far-fetched. Perhaps it may sound like fantasy. Perhaps this may seem too good to be true, or like a dream come true. Whatever your opinions, please do yourself a favor and read this book with an open mind. It includes the spiritual sessions of scores of people from around the world, documented by some of the leading hypnosis practitioners from countries in both hemispheres.

In a hypnosis text I wrote for professionals years ago, I called this spiritual hypnosis process "New Frontiers: The undiscovered country of the subconscious" (2005, Hunter). Over the years, the process went by other

names and, in 2011, someone suggested that I call the process *Spirit Trek*. A number of hypnosis professionals have discovered a similar process through the years. My own discovery occurred in 1985.

How I Discovered Spiritual Hypnosis

A client saw me requesting hypnotherapy for weight loss. We will call her Barbara (not her real name). While suggestion and imagery help some of the people some of the time, being overweight often is a multi-faceted issue. She had inner conflicts that could not be resolved with hypnotic suggestion alone. This fact demonstrates that hypnosis is not mind control, but a guided meditation. Clients who believe that concept can more easily reject any unwanted suggestions, but they sometimes reject suggestions the conscious mind wants but the emotional mind dislikes. At a conscious level, Barbara wanted to control her eating habits, but she rejected all the suggestions given in the first two sessions because a part of her "inner child" loved junk food.

In the third session, I used a technique designed to help clients resolve inner conflicts, but her subconscious was very stubborn. We got nowhere, so I said an instant prayer asking for divine guidance. Barbara previously disclosed to me that she was a devout Christian, so I said, "Whatever part of Barbara's inner mind is most closely connected to God, please come forward and provide some words of divine wisdom to help."

In a voice that sounded like a Goddess, the response was, "I am here, and you may address me as the Holy Spirit." Within minutes the Holy Spirit brought resolution, and the next few weeks, the pounds started peeling off.

Over the years, increasing numbers of clients also experienced this process, but widespread skepticism of hypnosis resulted in my keeping spiritual hypnosis in the closet because of concerns over how it would be received by the general public, as well as by my peers. I waited until the late 1990s before discussing this in my classes or workshops.

Then, while doing research for my text, based on a technique called *Parts Therapy*, published in 2005 by Crown House Publishing, I became greatly encouraged to discover that some recognized authorities in hypnotherapy and the mental health field made the same discovery. A chapter section in Chapter One of this book is devoted to other professionals who made that same discovery.

How This Book is Organized

The first chapter provides some background information about various professionals, including physicians who have discovered other realms beyond the physical realm. For example, near-death experiences are often reported to doctors by their patients who experience close encounters with death. Additionally, others recall real or imagined past lives. The last chapter section of Chapter One discusses the work of other respected professionals whose work resembles my own (as mentioned above).

The bulk of this book contains case histories of clients of other credible and leading hypnotherapists from around the world. The chapters appear in alphabetical order by the last names of the contributing authors, who were invited to include biographical information as well, including website links and contact information.

Most chapters begin with some opening remarks by that author (or pair of authors), followed by selected case studies of spiritual hypnosis sessions with different clients. Chapters of case summaries end with information about the contributing author(s). Each session involved one or more of the following:

1. Empowering the client to receive help from what he or she believes is a Divine source.

2. Wisdom received directly from the client's perception of God or a Higher Power.

3. Physical, mental or emotional healing with the help of a spiritual or Divine source.

4. An answer or resolution of a current problem as a result of reviewing a real or imagined past life.

5. Important information from a Higher Power regarding a current concern.

Also included is a long chapter containing contributions by guest authors who are also very experienced in hypnotherapy, with most of them also being recognized leaders or experts (and some are authors).

A deep level of hypnosis is normally employed in these spiritual hypnosis sessions, and often, clients obtain new insight regarding their current life purpose. While most summaries are written by the hypnotherapist who facilitated the sessions, some of the clients wrote their own case histories in their own words. While most clients were invited to submit comments days or weeks after their sessions, many did not do so.

I have personally witnessed clients whose spiritual hypnosis sessions resulted in enhancing their faith, hope, and ability to love. I have added a final chapter with my own analysis of the research, as well as concluding remarks.

The Purpose of This Book

As stated in my opening remarks, people are seeking answers. All of us would like to know that there is hope beyond this life. The desire for answers is not limited to religious people, as I have personally known people with agnostic views who still would like to know whether this life is all there is, or whether the consciousness continues after physical death.

Other than Chapters 1 and 13, the rest of the chapters, written by various hypnotherapists, explore the journeys of real people with real concerns.

The purpose of this book is to help readers draw on the spiritual experiences of scores of others to help provide faith, hope, and love, as well as reasons to believe in God and life after life. This is not intended to be scientific proof of an afterlife. However, we encourage you, the reader, to draw your own conclusions based on the experiences of others.

1

Chapter One — Spiritual Realms Reported by Professionals

C. Roy Hunter, DIMDHA, FAPHP

Spiritual Realms Reported by Professionals

Is this just one life out of many as our Spirit continues its Trek through the Universe? Even if we only live in physical form once, I believe the soul moves on after physical life is finished. Fortunately, I am not alone in that belief.

Many readers may find hope knowing that some well-known medical professionals have written books regarding spiritual experiences reported to them by their patients. These experiences defy scientific explanation, indicating the existence of a spiritual realm, and this chapter overviews the work of several well-known medical professionals who wrote about their work involving near death experiences (NDEs) and past lives. The work of other professionals also appears in this chapter.

While the journeys contained in the remaining chapters of this book are not associated with near death experiences, some sessions did involve real or imagined past lives; so I hope you find the information in this chapter encouraging and enlightening. It sets the table of belief in the existence of spiritual realms, which is an important belief for any client of a Spirit Trek session to have a successful outcome.

I will start with Dr. Raymond Moody, a psychiatrist who forever changed the way millions of people look at death.

Raymond Moody, MD

Dr. Raymond Moody wrote a best-selling book in 1975 entitled *Life AfterLife*, which became an instant classic. His ground-breaking book was so popular that many stores carried it in their book section. I purchased my copy in the late 1970s at K-Mart, and, for me personally, it was the most profound book I ever read up to that point in my life. (I was in my thirties at the time.)

Over thirteen million copies were sold by 2013. As a psychiatrist, Dr. Moody investigated over one hundred case studies of people who experienced "clinical death" and were subsequently revived. Their souls left their body, and a typical person experiencing the out-of-body experience (OBE) was able to look at his or her own body and the surroundings. Many of them moved on to other realms before returning to the physical body. This type of experience, when accompanied by a close encounter with death, is also called a near-death experience (NDE).

Many of Moody's patients reported experiences in heaven or a spiritual realm, such as meeting late relatives on the other side. The Twenty-Fifth Anniversary version is available in hardbound or paperback (Moody, 2001). Patients reported similar near-death experiences whether they were Christian, Jewish, other faiths, or non-religious.

Some physicians attempt to explain away an OBE as a hallucination (Welsh, 2014). However, Dr. Moody's more recent book provides evidence that something real happens. That book is *Glimpses of Eternity: An Investigation IntoShared Death Experiences* (2011). What makes this book so profound is that it investigates the extraordinary accounts of healthy friends and relatives who had their own inexplicable experiences at the bedsides of people at the moment of death. The author even shares his own personal experience with this phenomenon at the moment of his mother's passing (Moody, 2011). Moody has published several other informative books as well, offered on his website: www.lifeafterlife.com.

While some scientists might try to explain that chemicals in a dying brain could cause hallucinations, how do we explain it when one or more people at the bedside of a dying person share the same experience, especially if two healthy people share the same experience with the dying person?

Eben Alexander, MD

Dr. Eben Alexander is a renowned neurosurgeon at Harvard University, and currently serves as Assistant Professor of Research in Neurological Surgery, University of Virginia Medical School, Charlottesville, Virginia. By his own words, he admittedly was an NDE skeptic until he experienced his own NDE while spending a week in a coma from an inexplicable brain infection. He refers to it as a "transcendental near-death experience" (Alexander, 2014). His website states:

Dr. Alexander's recovery is a medical miracle. But the real miracle of his story lies elsewhere. While his body lay in coma, Dr. Alexander journeyed beyond this world and encountered an angelic being who guided him into the deepest realms of super-physical existence. There he met, and spoke with, the Divine source of the universe itself (Alexander, 2014).

The experience profoundly changed his views about life and spirituality, inspiring him to write a book about his experience, *Proof of Heaven: A Neurosurgeon's Journey into the Afterlife* (2012). In less than two years, it sold over two million copies. Alexander tells readers right in the Prologue that his brain was not working at all, and that he encountered a world of consciousness that existed completely free of the limitations of his physical brain. Regarding his NDE, he also states:

Mine was in some ways a perfect storm of near-death experiences. As a practicing neurosurgeon with decades of research and hands-on work in the operating room behind me, I was in a better-than-average position to judge not only the reality but also the implications *of what happened to me.*

Those implications are tremendous beyond description. My experience showed me that the death of the body and the brain are not the end of consciousness, thathuman experience continues beyond the grave. More important, it continues under the gaze of a God who loves and cares about each one of us and about where the universe itself and all the beings within it are ultimately going (Alexander, 2012).

Dr. Raymond Moody interviewed Dr. Alexander regarding his remarkable experience, and the cover of *Proof of Heaven* shows a brief quote from Dr. Moody stating: "Dr. Eben Alexander's near-death experience is the most astounding I have heard in more than four decades of studying this phenomenon. [He] is living proof of an afterlife."

While countless former skeptics have changed their lives as a result of an NDE, Dr. Alexander's experience is especially remarkable because of his previous skepticism based on medical experience as a brain surgeon.

Melvin Morse, MD

Dr. Melvin Morse is an Associate Professor of Pediatrics at the University of Washington. He has studied near-death experiences in children for fifteen years and is the author of several outstanding books on the subject: *Closer to the Light*, *Transformed by the Light*, *Parting Visions,* and his latest book, *Where God Lives*. He is primarily interested in learning how to use the visions that surround death to heal grief. The stories that children have told him about what it is like to die have lessons for all of us, especially those attempting to understand the meaning of death or the death of a child (Williams, 2014).

While Moody primarily investigates near death experiences (NDEs) with adults, Morse wrote about case studies with children who also were once declared clinically dead. He found that children too young to have absorbed our adult views of death shared first-hand accounts of out-of-body

travel, telepathic communication, and encounters with dead friends and relatives. Finally illuminating what it is like to die, here is strong evidence that there is that elusive “something” that survives “bodily death.”

His books are well worth reading by anyone who desires more evidence of an afterlife.

Brian L. Weiss, MD

Brian L. Weiss, MD, is Chairman Emeritus of Psychiatry at the Mount Sinai Medical Center in Miami. As a traditional practitioner, he was astonished and skeptical when one of his patients began recalling past-life traumas that seemed to hold the key to her recurring nightmares and anxiety attacks. His skepticism was eroded, however, when she began to channel messages from “the space between lives,” which contained remarkable revelations about her doctor’s family and his dead son (2013, Weiss). The patient had no way of knowing this personal information about Dr. Weiss; so regardless of one’s belief regarding past lives, his patient tapped into something in the spiritual realm.

He discusses this case in detail in his famous best-selling book, *Many Lives, Many Masters: The True Story of a Prominent Psychiatrist, His Young Patient, and the Past-Life Therapy That Changed Both Their Lives* (1988).

His recent book is also quite popular, *Miracles Happen: The Transformational Healing Power of Past Life Memories* (2013). This book explores the physical, emotional, and spiritual healing that is possible when a person accepts and embraces the concept of reincarnation.

Dr. Weiss has several other books to his credit, and conducts workshops on his research (Weiss, 2013).

Elisabeth Kübler -Ross, MD

Elisabeth Kübler-Ross, MD, was a Swiss-born psychiatrist, humanitarian, and co-founder of the hospice movement around the world. Although she authored several books about dying, her most famous one is *On Death and Dying* (1969).

While her earlier work differs from that of Dr. Raymond Moody, many people look at death differently as a result of her work. Her later book, *On Life AfterDeath*, draws on her in-depth research of more than twenty-thousand people who had near-death experiences, revealing the afterlife as a return to wholeness of spirit. The woman who wrote the Foreword stated:

Again, the paradox of Elisabeth's research is that it was scientific and rigorous yet also love-centered, hopeful, and filled with messages of Christ consciousness. Yet her work was feared, especially by the medical community, who simply could not break through its conditioning that medicine was about life and not dying. The paradox was that Elisabeth did practice medicine, but it was medicine for the soul and not the body (Kübler-Ross, 2008).

Michael Newton, PhD

Michael Newton, PhD, holds a doctorate in Counseling Psychology, is a certified Master Hypnotherapist, and is a member of the American Counseling Association.

He made his mark in the hypnotherapy profession with a rather unusual type of approach: regressing clients into soul memories that he calls *Life BetweenLives* (LBL). He wrote a book about this work called, *Journey of Souls: Case Studies of Life BetweenLives* (1994). Newton has trained a number of hypnotherapists to do the same work. Although many consider his work to be somewhat controversial, a number of people experiencing LBL sessions claim that they are life-changing.

Newton's work may provide an answer to the question: *If we do live more than once in physical form, is it possible to recall the soul memories of an afterlife between physical lives?* You can draw your own conclusions.

Ian Stevenson, MD

Dr. Ian Stevenson, a Canadian-born psychiatrist, worked for the University of Virginia School of Medicine for fifty years, serving as Chair of the Department of Psychiatry for ten years. He investigated three thousand cases of children around the world who claimed to remember past lives, and established a reputation as one of the most respected twentieth century writers of reincarnation research (Woodhouse, M., 1996).

He authored and co-authored several books on the topic of reincarnation, but one of his most amazing books was *Twenty Cases Suggestive of Reincarnation*, originally published in 1966, with a revised second edition published in 1980 by University of Virginia Press. What is remarkable about some of the cases in this book is that several subjects actually spoke in languages they did not know in this life (Stevenson, I., 1980).

A later book is entitled *Children Who Remember Previous Lives: A Question of Reincarnation* (2001, McFarland & Co. Inc., Publishers), and it contains more case histories.

Jim B. Tucker, MD

Jim B. Tucker, MD, continued the work of Dr. Stevenson, doing his own research as well. He also wrote about the work of Dr. Stevenson, who wrote the Foreword for Tucker's book entitled, *Life Before Life: Children's Memories of Past Lives* (2005, St. Martin's Press). The two worked together for years on this same research before Tucker took over in 2002 after Stevenson's retirement.

Tucker offers some possible explanations besides reincarnation, writing about this topic credibly. He is a board-certified child psychiatrist serving as Medical Director of the Child & Family Psychiatry Clinic at the University of Virginia.

Both Dr. Stevenson and Dr. Tucker documented numerous cases where children remembered accurate details about a previous family, but more astounding is that some children even recognized members of a previous family.

Carol Bowman, MS

Carol Bowman is an internationally known author, lecturer, counselor, past life regression therapist, and pioneer in reincarnation studies. The reason for including her in this chapter is because she (like Dr. Stevenson and Dr. Tucker) has interviewed hundreds of families with children who had memories of past lives at early ages. However, while Dr. Stevenson investigated cases from around the world, most of the cases Bowman researched happened in America.

She wrote two books regarding her research: *Children's Past Lives: How Past Life Memories Affect YourChild* (Bantam, 1997) and *Return from Heaven: Beloved Relatives Reincarnated within Your Family* (HarperCollins, 2001). What makes her work unusual is that many parents of small children with past life memories were Christian families who did not believe in reincarnation. Yet a number of the childhood memories of alleged past lives were documented to be accurate.

Both of her books are easy to read, and contain numerous case histories, beginning with her own son. Several years ago, I heard her give a presentation on her research and found her to be a genuine person who believes totally in her work. While that does not constitute scientific proof, her two books provide considerable food for thought and are well worth reading.

Carol is often invited to be a guest on TV and radio, and has appeared as a reincarnation expert on *Oprah, Good Morning America, The Katie Show, Unsolved Mysteries, A&E, Discovery Channel, ABC Primetime,* the *BBC* in England, *The Art Bell Show,* and on *Coast to Coast* with George Noory. She has lectured in Brazil, Norway, Belgium, Ireland, Spain, Canada, the Netherlands, and at the *Omega Institute* and the *Edgar Cayce Foundation*.

Other Books

Other books are available regarding life after life, past lives, and spiritual experiences. Some are written by doctors, psychotherapists (such as Roger Woolger, PhD), with others written by authors from various walks of life. If you are interested, you may Google them on the internet.

You will find some sessions regarding the above included in this book even though the primary focus is on our ability to connect with a Divine presence.

Should you explore other books, take them with a grain of salt as well as an open mind. In my opinion, however, one of the most profound books ever written regarding the afterlife is the first one written by Dr. Raymond Moody, *Life AfterLife*.

Spiritual Hypnosis

Many cases presented in this book do not fall into any of the categories mentioned above. Rather, they resulted from *spiritual hypnosis*, which I briefly described in the Introduction of this book. The client goes into a state of deep hypnosis and receives help from a spiritual source.

Here is my protocol for a type of spiritual hypnosis that I call the *Spirit Trek* process, which I frequently employ with clients who wish to experience spiritual hypnosis….

First, after the preliminary discussion, a client tells the hypnotherapist what question or concern he or she would like to ask God, or his or her perception of Higher Power. Second, I remind the client of the importance of BOTH client and hypnotherapist setting aside any preconceived opinions regarding the answer, because any preconceived opinions can taint the trance and distort the results.

Once the client achieves a deep hypnotic state (called *somnambulism*), I call out that part of the client's subconscious or inner mind that is most closely connected to his or her perception of God, and ask the question. Additional questions are asked about applying the response(s) in the present and/or coming weeks and months, and also about any new information regarding the client's life path or primary purpose in life.

When any type of spiritual hypnosis is employed, I believe it is important that the hypnotherapist be trained in client-centered techniques, and understand the difference between leading and guiding. Over the years I have witnessed a number of demonstrations where a hypnotist used an alleged spiritual trance to try to inject his or her own beliefs into a client, but that is not client-centered. Instead, it is important for the hypnotherapist to work within the belief system of the client. I do not have the right to "convert" the client to my spiritual views. Rather, my job is to assist rather than to interfere. All the contributors of this book understand the concept of client-centered hypnosis, even though they might use a different approach to spiritual hypnosis than what I described above.

We can also say that spiritual hypnosis explores new frontiers of the subconscious, where only a few have gone before. To my surprise, as mentioned in the Introduction, I was not the only hypnosis professional to make this discovery.

Experts Visit New Frontiers

Gordon Emmerson, PhD, is a psychotherapist who has continued the work of the pioneers of *Ego State Therapy*, Drs. John and Helen Watkins. Emmerson is an Honorary Fellow in the School of Psychology at Victoria University in Melbourne, Australia, and is a highly respected trainer as well as the published author of a number of excellent books. He discusses the "Inner Strength" part in the very first chapter of his highly praised book *Ego State Therapy* (2003), stating that it may refer to itself as "Higher Self" or "Spiritual Self." Emmerson goes on to state that everyone appears to have an inner strength state.

John Rowan, a psychotherapist with decades of experience, devoted an entire chapter to this same topic in his book, *Discover Your Subpersonalities* (1993). On page 173, he writes:

Amazing insight can come from such parts of ourselves. When such a voice is contacted, a strong empowerment may take place. We are beginning to connect to inner sources of strength and wisdom.

Rowan goes on to warn us not to confuse this spiritual energy with an "inner pusher" that may be judgmental, critical and controlling. The Higher Self is compassionate, loving, wise, forgiving, nurturing or peaceful, etc.

Hal and Sidra Stone are recognized pioneers of a technique called Voice Dialogue. They devoted an entire chapter to spiritual selves in *Embracing Our Selves* (1989). On pages 218–19, they write:

In Voice Dialogue, we can contact another self—a self that can open us to our spiritual selves. This self is more concerned with being than with doing. When we experience this "being" energy, there is no goal and no task …

The Stones go on to mention that the client is in a meditative state. Like Rowan, they describe the spiritual energy as nonjudgmental and uplifting. However, they believe that voice dialogue can work with spiritual

energies only to a limited extent. In my opinion, this may be due to the fact that most clients of voice dialogue are normally in lighter states of hypnosis rather than deeper states.

More recently, I learned about the work of Edwin Yager, PhD, who is a Clinical Professor of the Department of Psychiatry at the UCSD School of Medicine. He pioneered a therapy technique that he calls Subliminal Therapy and wrote a book with the same title (Yager, 2011). His documented success rate with individual patients is 83%, with many categories over 90% as disclosed on his website: http://docyager.com. His method involves calling out the part of the inner mind that has the patient's best wisdom and intelligence. While the process does not appear to be spiritual on the surface, Dr. Yager told me personally that a number of patients felt as though they experienced divine wisdom or guidance from a spiritual part.

All of the authors selected for this book have also facilitated spiritual hypnosis sessions with clients, working within each individual client's belief system. They are well-known and respected within the hypnosis profession; and I am honored by their willingness to participate in the research to help bring this book into reality. Furthermore, they are also willing to go where few have gone before.

2

Chapter Two — Case Summaries

Howard Batie

My introduction to the spiritual worlds came about as a result of several energy-healing techniques in which I became trained and certified. In 1996, I was taught an energy-healing system (RoHun) that placed the client in a deeply altered state of awareness through the use of guided self-hypnosis, and suddenly my clients were relating to me the *reasons* why they previously contracted a physical disease or were still holding onto a harmful emotional belief about themselves. Invariably, they related their story to me as if they were reliving the previous experience that caused the disease or limiting belief, and this experience was nearly always in a place and time that was hundreds of years or more in the past. Furthermore, this process of releasing the *cause* of a current disease in a previous existence was so effective in removing the physical symptoms of the disease in their current lifetime (chronic pain, tumors, loss of flexibility, strength, etc.) that I became a Certified Hypnotherapist in 1997 and strove to master the art of Past Life Regression to, in conjunction with energy healing, assist clients with many different limiting conditions. Many examples and case studies of this joy (not "work") are documented in my second book, *Healing Body, Mind and Spirit: A Guide To Energy-Based Healing*, published in 2003 by Llewellyn Publications, which was voted "The Best Alternative Healing Book Published in the US in 2003" by the Coalition of Visionary Resources, an independent group of book publishers and distributors.

Within the exciting new world of Hypnotherapy, I was soon introduced to, and in 2005 became trained and Certified in, Dr. Michael Newton's "Life Between Lives" technique that introduced the client to their own

memories of what they previously experienced in the spiritual realms *between* physical incarnations, especially between their most recent past lifetime and their current lifetime. This allows a person to know from their own experience why they chose their current body and what their purpose or purposes are that they chose to experience during their current lifetime. This knowledge, as well as losing forever the fear that they will cease to exist when their body dies, is life-transforming, and they can't UN-know what they had experienced. Albert Einstein once said, "Truth is Experience – everything else is just information." So when the person experiences an event, they move from believing what they read or what someone else told them to believe, into their own knowing of the Truth for themselves.

As my practice of Hypnotherapeutic techniques matured, I also found that it was most helpful to provide certain "tools" to my clients that allow them to experience their own true spiritual nature without my presence being needed. Many of my clients report that their most important tool is the ability to quickly and easily establish on their own a two-way dialogue, a conversation, with their own Inner Wisdom to ask questions and get practical answers that will help them in their daily life. I strive to be an effective teacher, but have no desire or intention for them to become dependent upon me as their guru. I much prefer to teach my clients how to get their own answers to their questions any time they wish. And while the Good Book says, "Ask and ye shall receive," the fine print was not included. My own Inner Wisdom (which I call my Higher Self) told me that you will always get your answer IF: (1) you are ready to receive and understand the information you are asking for, (2) receiving the information will be in the Greater Good of all concerned, including yourself, and (3) receiving the information will not harm any other living being, including yourself. If these conditions are met, the entire Universe and the Angelic Kingdom are available to assist you in answering any question you can conceive of or even imagine.

To tap into and teach this ability to answer any question, I use my Hypnotherapeutic training and spiritual regression experiences, as well as the experiences of other professional hypnotherapists, to construct the "Spiritual Journeys" Program that is discussed in my 2015 book, "*Spiritual Journeys: A Practical Methodology for Accelerated Spiritual Development and Experiential Exploration*." This methodology teaches the client how to use Self-Hypnosis to quickly take themselves into a very deep state of physical and mental relaxation and then how to safely and quickly rise into a greatly expanded state of awareness that I just call their "Spiritual Area," and finally how to establish a clear channel of communication with their own Inner Wisdom, Inner Guidance, Soul Awareness, or Higher Self, and also with their Spiritual Guide who is their constant companion and guiding influence. And, of course, the client is also taught how to safely and quickly emerge from this altered state of awareness all by themselves.

Once this ability to communicate with their inner spiritual resources whenever they wish has been practiced and learned, each student may then opt to investigate, with the guidance of their Hypnotherapist, nearly any information or event in the Universal Akashic Record, a term popularized by the early twentieth century psychic, Edgar Cayce. Dr. Carl Jung, an early twentieth century student of Dr. Sigmund Freud, called this the "Collective Unconscious," an etheric record of all events that have ever happened, all words that have ever been spoken, and even of all ideas that have ever been thought at any time and throughout all of Creation. Typical examples of the information obtained by my clients through the techniques I practice will be explored in the following case studies in this chapter. Further information about the Spiritual Journeys Program and my methodology for investigating the functions and characteristics of spiritual beings, as well as techniques and processes for safely communicating with only those in Service to The

One Infinite Creator, can be found on my website, www.howardbatie.com and on www.amazon.com. In the Amazon.com search box, enter “Howard Batie” and review a portion of the book that may interest you.

Spiritual Sources Recognized

The nature of the information provided by client’s Inner Wisdom taps into expanded experiences and information that is far beyond what our conventional schools teach us, and we hypnotherapists can best assist our clients if we understand the nature and characteristics of the several spiritual sources of information that our clients are easily able to access under hypnosis. One of the first investigations I conducted was to understand the nature of each of the primary spiritual sources who watch over and guide us, and what their individual functions and specialties are. The following descriptions are collected from several investigative sessions with my own inner sources and those of selected clients.

When I began investigating what the Angelic Kingdom was like, I was quickly told that there “…is unbridled joy and love. It is the epiphany of experience. It is nearly uncontainable.” There was a celebration among all levels of spiritual beings, and I was interested in contacting them, learning about them, and communicating with them. I learned that each incarnated human being uses its conscious mind and ego to navigate through the many lessons of a physical lifetime, but each person also has a spiritual part of their being that some call the their soul, their Higher Self, their Inner Guidance or a similar element that can be called upon during deep hypnosis to provide much information and guidance that is also relevant to their daily life challenges and opportunities. In addition to this unique element that is a part of their own spiritual beingness, there are several additional types of beings whom I believe can also provide support and guidance, including Spiritual Guides, Angels, Archangels, the Elohim, Seraphim, Ascended Masters, and also a wide range of profession-related specialists such as

spiritual doctors, spiritual architects, spiritual musicians, and so forth. Each of these categories of beings can be called upon as needed. These are discussed below.

Higher Selves:

A person's Higher Self (or Inner Wisdom, Inner Guidance, Spiritual Compass, etc.) is that person's own individual eternal soul essence that chooses to incarnate in many various forms throughout the Universe in order to learn many aspects of physical experience. Its purpose is in fact to gain as many physical experiences as it desires and to contribute these experiences to the Universal Akashic Record, which is then also available to any other spiritual being for their instruction and enlightenment. The Higher Self is that part of you that always knows what is beneficial for you and what is not, and is usually the primary source of information relating to a person's incarnated lifetime experiences.

Spiritual Guides:

A Guide is a spiritual being who has chosen to simultaneously guide and mentor many (perhaps several dozen or several hundred) individual souls who choose to incarnate in order to learn life's lessons. When a soul is created by The One Infinite Creator, that soul's Guide is present and instructs, guides and counsels the soul throughout its entire existence as it chooses to experience both its incarnated and discarnate (spiritual) expressed forms. Since Guides usually do not incarnate themselves, many times the Higher Self can more easily and accurately communicate information relating to physical emotions and relationships. The information and wise, compassionate guidance that Guides can offer usually comes from a much higher spiritual or universal perspective than that normally available from the Higher Self.

Angels:

Angels are the spiritual helpers that coordinate and arrange circumstances and events in people's lives that allow them to meet the right people, to recognize a beneficial opportunity for their own soul growth, and to fulfill soul contracts made with others before they incarnated into their physical body. Very rarely do Angels take on a human physical form to perform these acts, and then only for a few minutes or hours.

Archangels:

Archangels are powerful creator beings who are "closer" to Creator's Source energies, and are therefore more capable of focusing and concentrating Creator's energies to manifest physical worlds and galaxies needed by Creator for specific purposes; and several are normally assigned for the continuing maintenance and regulation of these universal creations. Also, selected Archangels are associated with specific functions, such as Archangel Raphael for Healing, Archangel Michael for Protection, Archangel Gabriel for Discovery and Announcement, etc. Archangel Metatron is a General Purpose Archangel who can be assigned any function as needed. Archangels do not incarnate, but can assume a temporary human-like form to reveal themselves to humans when required for specific events or purposes.

The Elohim:

The Elohim are the creative aspect of Creator; they form and shape Creator's energy emissions into specific spiritual and etheric forms that are used as the templates or the blueprints for physical bodies (human and otherwise), animals, objects, worlds, and galaxies. They are responsible for the direct creation of the souls and life forms, following the directive of The Creator. Only very rarely will an Eloha be given the opportunity to incarnate and experience a form that it has created.

The Seraphim:

The Seraphim are a form of Angels. Their function is to sing on high, to spread joy, and they have a specialized ability to concentrate what we call love, what we experience as unconditional acceptance. They are like a laser, and can send a highly concentrated focus of love and joy to life forms that are to be used as seeds on other worlds.

Ascended Masters:

Ascended Masters are incarnated beings who have learned the lessons of Earth, have balanced all of their karmic debts and no longer have a need or desire to incarnate physically. However, many have chosen to continue to focus their activities in the spiritual realms on helping others on Earth to "ascend" in consciousness and spiritual awareness. Jesus/Sananda, Buddha, Quan Yin, Mother Mary and St. Germaine are but a few examples of Ascended Masters. Further information on this category of beings and their teachings can be found at www.ascendedmaster.org.

Other Spiritual Helpers:

As an energy healing practitioner, I often call for and experience the presence of spiritual beings who can amplify or modulate the energy that I provide for my clients' highest and best states of wellness. Many people receive inspiration and "nudgings" from beings who have "graduated" back to the spiritual realms for a time and wish to aid or assist those who call on them. In addition to helpful Spiritual Physicians, there are many experts in every skill and vocation who can be enlisted to assist your own efforts, including Spiritual Architects, Spiritual Musicians, Spiritual Builders, and many others.

Other Higher Dimensional Beings:

Once a clear channel of communication is established with your own Higher Self and Spirit Guide, you are then able to consciously communicate with nearly any being in the spiritual realms, including representatives from other advanced civilizations who have already ascended into the higher

dimensions of consciousness, and are also near Earth to assist in our collective ascension process. This can offer a unique and invaluable insight into their worlds, their perspectives, and their abilities.

I have selected the following case studies to illustrate the breadth and depth of information that is now available to us from the spiritual sources identified above. All names are pseudonyms to protect the client's identity, and all examples are provided with the client's permission.

Neck Pain Relieved and Life Path Recommended

Valerie was a 43-year-old massage therapist who suffered from chronic neck pain, wanted to gain additional insight into the cause of her neck pain, and was also wondering if her current professional direction was the most appropriate for her. I placed her in very deep hypnosis and then called for her Higher Self to come forward, to scan her physical and etheric energy bodies, and tell us what was causing her neck pain. When her Higher Self related that "There is a slice on the back" of her neck, I asked to be shown the cause of the slice, and Valerie reported that she and the other priestesses were with her on the steps of their Temple, and were about to be invaded by the enemy who wanted to learn all the Temple secrets from the priestesses, by torture if necessary. But to prevent the enemy from gaining those secrets, the Chief Priestess ordered all Priestesses to be beheaded, and all the priestesses sadly agreed that it was necessary and the right thing to do. After they were all beheaded, Valerie reported that she was floating above the scene, looking down at all the blood flowing down the Temple steps from the headless bodies.

I asked Valerie's Higher Self to take her back to the point just before she was to be beheaded, turn around and look at the executioner, tell him that she understands and it's okay, and notice that the executioner's sword

suddenly turned into a shaft of golden light that sliced through her neck, causing no pain at all, and perfectly sealing both her body and her head in protective light that could not be harmed in any way.

I then asked Valerie's Higher Self to examine her present body and occupation, and tell her if being a Massage Therapist was the most appropriate role for her at this point in her life, and it replied that she was becoming tired and sore with the physically demanding body work, but she would find greater joy in becoming an energy healing practitioner. In that new line of work, she could still administer compassionate caring and healing energies to her patients, but would not need to physically manipulate them. When I emerged Valerie from hypnosis, the pain in her neck completely disappeared, and she was delighted to learn that she could continue to minister to her patients in a way that would also allow her to expand her energetic and spiritual awareness of herself.

Reunion with Deceased Husband

Donna, a 56-year-old widow whose husband had died two years earlier, became interested in the Spiritual Journeys Program to both expand her own spiritual awareness and to contact her late husband. However, Spiritual Journeys requires that the client be able to experience complete love, happiness, and joy in order to rise into her own "Spiritual Area" all by herself. Donna had loved her husband so fiercely that she promised God that she would never again love anything or anyone else. Unfortunately, she did not realize that this spiritual contract also meant that she would never again love even herself! As a result, she could not expand her awareness into her Spiritual Area either on her own or with my assistance.

I guided Donna into very deep hypnosis and asked her Higher Self to come forward and assist us. I asked her Higher Self to also call on Donna's Spirit Guide, and very soon we determined that the being who approached was her Guide and his name was Daniel. I asked Daniel to escort the Higher

Self of Donna's husband into our presence; and when a being came into view, Donna burst into tears in the hypnosis chair when she recognized her husband. It was a wonderfully touching and emotional reunion, and Donna learned that her husband was indeed safe and happy in the spiritual realms. I also asked Daniel to review the unintentional contract that Donna previously made and let us know if it could be changed. When Donna said she wished to cancel her previous promise, Daniel approved the request.

During the next hypnosis session, Donna had no trouble learning how to expand her awareness into her Spiritual Area on her own and converse with her Higher Self and with Daniel whenever she wished.

Sciatica Pain Relieved

Helen, who was in her sixties, previously had been unable to eliminate through Past Life Regression the extreme stress brought on by her brother's constant verbal and emotional abuse. She said she did not understand at all why he was so abusive toward her, and yet she felt fiercely protective of him and could not understand why she was deeply afraid to distance him. Additionally, she had deep severe abandonment issues and fears that stemmed from her childhood when her father and mother divorced and he left the state; he was no longer there to protect her from her mother's verbal and emotional abuse. One evening, she came to me in great pain with crippling Sciatica in her right leg. I chose to initially reduce her pain using a combination of Reiki and Healing Touch energy techniques in an effort to allow her to relax sufficiently into self-hypnosis so that Leelia, her Higher Self, could advise her about the original cause of the Sciatica and understand what was necessary to mitigate or release the painful symptoms.

Following twenty minutes of energy healing focused on her spine, right hip and leg, the pain significantly reduced, and she was able to move to the hypnosis recliner and relax very deeply. I then called for Leelia to come forward and for her Spirit Guide and constant companion, Ansella, to

also be present. Leelia came forward and explained that the cause of the Sciatica is fear-based following years of barely being able to support herself financially and a deep-seated fear of losing family connections, even though her brother was quite antagonistic toward her. These fears reinforced each other and the tension she held for the previous two years manifested as the Sciatica symptoms in her right leg – she was literally not able to physically move forward in her life. When I asked if there was anything I could do to help her accelerate the release of that fear, Leelia said that she needs to release that fear herself. When I asked Leelia what her specific fear was, she replied that it was mostly the fear of not being able to support herself while living alone.

I then asked Leelia to call for Ansella to come forward and provide any further information that would be beneficial for Helen. Ansella recommended a Past Life Regression be conducted "in the near future to release something stuck from another life." When asked if this was the proper time to do that, she said "yes," and confirmed that it was indeed appropriate to review Helen's personal soul record, investigate what was "stuck," and attempt to release it. Leelia then related that she was in a family which was on the verge of disintegration because of lack of food and income to purchase food. Her name was Henrietta, and her mother and father disappeared when she was only seven years old. She was left to care for her younger brother and sister, and devastated at the overwhelming responsibility of ensuring that she and her siblings survived! She and her siblings simply did not know what to do to survive, and her young brother, age five, and her sister, age two, were angry at her for not knowing what to do. I moved her forward a few days in that lifetime, and Ansella said that she was strong, that she had done well and protected them – they were hungry but alive – and that help was coming. Very soon all three children were welcomed into a caring family that provided safety, food, and shelter

for several years. Henrietta was unbelievably grateful to them for keeping her family together, but still had very deep fears of being abandoned again if anything might happen to her new parents.

I then asked Ansella if it would be appropriate for Henrietta to know what had happened to her parents when they were all so young. Ansella replied “yes,” and stated that they had found temporary work helping to load ships with supplies, and they expected to return home to their children the next day. However, the ship’s crew would not let them leave the ship, and planned to take them to a new land to start a new colony, and they did not want children on board. With this knowledge, Henrietta understood that her parents did not abandon them – they were taken against their will, and never saw their children again. Ansella also looked into their future. Henrietta and her siblings had grown into their new family, and their new parents lived long, natural lives. Yet, although their new family never abandoned them, Henrietta still clung to the deep fear that they could be abandoned again.

Ansella then stated that Helen kept reliving this fear in her current incarnation because of her past responsibility to protect and support her brother and sister, and Helen is trying in vain to keep the decaying relationship with her current brother alive, although it is not in her best interest to do so. Losing touch with her family is an extremely frightening thought for Helen. However, she saw that she is loved and supported by all her current family, although her brother may never be able to express that openly, and that is his concern and not Helen’s since she does not need to meet their expectations. Ansella also explained that it is not her brother’s right to judge her, and that she is now released from all responsibility for his actions – they are his responsibility and she is free of that. With this understanding, Leelia understood that, with the release of the emotional pain carried forward from that previous lifetime, the cause of the physical pain in Helen’s life was also released, and her Sciatica pain will soon fade.

A follow-up the next day revealed that Helen's Sciatica pain had decreased measurably and that she was feeling significantly more calm and at peace than in the past several months. Additionally, she stated that she is confident that this progress will continue.

Indeed, two weeks after her session, she reported that she only felt the Sciatica pain infrequently now and, when it was present, the intensity was only about 10% of its former level, signaling to her that it was well on its way to being released completely.

Self-Hate Released

At forty-seven, Dan still led a troubled life as a result of childhood abuse from his alcoholic father and from his own abuse of alcohol as an adult. As a result, he had daily rage episodes well beyond just anger. About a year previous, he experienced a spontaneous out-of-body experience that frightened him deeply, and only recently had he gathered enough determination to begin understanding where his rage came from and what the meaning of his out-of-body experience was. On his own, he decreased his alcohol consumption to a "moderate" level, and was weaned off anti-depression medications prescribed by his physician. He remained drug-free for over six months.

In deep hypnosis, Dan said that there was a large black blob on his back from his tailbone to his neck, so I asked Dan's Higher Self to come forward and explain what was happening. His Higher Self reported that a conscious energy form who was full of hateful self-loathing and called itself "Brian" had become embedded in Dan's energy field, and followed Dan's energies for seven generations. I called for the assistance of the White Light Angels and, with their help, provided an entity-releasement procedure to allow the attached entity to choose to be removed from Dan and to return to

the Light, which it did. When Dan emerged from hypnosis, he reported that he felt much, much lighter, and that the releasement process was “an amazing, very intense session.”

Two weeks later I provided a Remote Trans-Scalar Healing session (details of this process are on my website, www.howardbatie.com) to Dan and confirmed that he was still clear of any attached entities. Dan was then able to pursue his spiritual investigations and soon learned how to consciously contact and communicate with his Higher Self and Spirit Guide on his own.

Guilt and Negativity Released

Sometimes, it is not necessary for us to know the answers we are seeking. Luanne was a 50-year-old mental health counselor who dreamed several times of a large “Black Egg” being attached to her. She was curious about exploring what this was, and also wanted to be able to connect to her “Higher Power,” but was unable to proceed with the Spiritual Journeys process. In deep hypnosis, I called for Luanne’s Higher Self to come forward, and it identified itself as “Sholan.” I then asked Sholan to explain to me what the “Black Egg” was, and Sholan said that it was a lot of guilt and negativity that Luanne held onto from a previous lifetime. I asked Sholan if it was appropriate for Luanne to know the details of that past life, what the issue was, and what the guilt and negativity were all about. Sholan said that it is neither necessary nor beneficial for Luanne to consciously know – it is enough that (because she had sought help with understanding and releasing it) the “Black Egg” was then released, and it returned to the Light. Additionally, Sholan asked that I tell Luanne that she should “Stand tall and walk strong in the knowing of who you truly are!”

Luanne was subsequently easily able to connect and communicate with her own Higher Self and her Spirit Guide using the Spiritual Journeys process.

Soul Questions Answered

In addition to the many individual spiritual sources that are available to provide information and answers to specific questions, groups of individual spiritual sources can also be approached for assistance, as is done in every Life Between Lives (LBL) regression session. The LBL technique developed by Dr. Michael Newton directs each client to meet with their "Council of Elders" in the spirit world prior to each incarnation in order to review the spiritual lessons already learned, and to prepare for their current incarnation. Dr. Newton's process is described in his books, *Journey of Souls* and *Destiny of Souls*. During this interval in the spirit world between each physical incarnation, the client is also provided an opportunity to ask the Council anything at all that he or she wishes.

Martha, a very vivacious lady in her sixties, came to me for a LBL session to learn "what her soul is like," what her abilities are, if she is a "Mystical Traveler," and how many incarnations she previously experienced on Earth. Although she had read many books on various techniques for Past Life Regression, Near-Death Experiences, and Out-Of-Body Experiences, she was not yet aware of Dr. Newton's LBL process. In LBL, the client's questions are provided in advance, and the hypnotherapist asks the questions for the client who is in deep hypnosis, and the Council responds through the voice of the client.

It is also interesting to note that in the LBL process, the hypnotherapist does not specifically ask for the person's Higher Self or Inner Wisdom to come forward. Instead, the client's physical and mental relaxation is deepened to the level where their conscious awareness is that of their own Higher Self or Inner Wisdom, a state of awareness where there is no interference whatsoever from their ego, and where they easily communicate from the level of their own Higher Self.

While in this state of very deep hypnotic awareness, Martha reported that, during her most recent inter-life sojourn, she and her Guide reviewed her previous incarnations as well as the lessons learned and unlearned, and then arrived at a contract for her next (current) incarnation. She and her Guide then met with the Council of Elders, which she called the Council of Five, and the Council of Five reviewed what she had chosen to do and learn individually. Martha also reported that "The Council of Five" can also make changes to an individual's contract if they wish, according to other things the individual has already done or will do. Then, their Guide also reviews the individual's updated contract and tells the Council that, according to their knowledge of the individual, certain things may be need to be added or subtracted or enhanced. The Guide and the person who is going to incarnate and everyone in the Council then speaks about the contract until a decision is reached that is acceptable to everyone. The Guide is then aware of the complete path that the individual chose to take.

Once the contract is finalized and all parties are in agreement, the individual may then ask any questions they wish. It was at this point that Martha's Council reported that her soul was "…a beautiful soul that shines with a beautiful light! It is more powerful than Martha knows! It is more powerful than Martha suspects! There is a great kindness that she does not see, but lives unknowingly to her conscious mind, but very knowingly in the subconscious, and of course, as with all souls, there is the unconditional love of The Creator, always, always, whether the soul can see it or feel it or not, it is always there as it is with every soul. It is the spark, the eternal flame, so to speak, that The Creator has given each soul that allows the soul to be able to incarnate and learn through experience the lessons to be learned, and take back that experience to share with God. So God is learning through Its creations' experiences, and this is a different kind of learning than direct knowing; God's love is always with the souls because they are doing a great thing for the Creator by sharing the experience,

which can be a very difficult thing for any of the souls to do, but it is an enlargement of The Creator, so the knowledge through experience is available and can be used by the Creator."

Regarding her abilities, the Council reported: "You have all of the abilities that you want. You may not take all of the abilities with you when you incarnate, but when you are here (in the spirit world), you have all of the abilities you wish to have, and you are learning new ones all the time. Yes, you know how to communicate with beings telepathically, and you can speak telepathically to your animals, even though you block their answers or their speaking to you, because in your body, you don't believe that's possible."

When asked about the number of incarnations she previously experienced, the Council of Five reported that her soul has experience sixty-four physical lifetimes on Earth, including the present one, and twenty-eight lifetimes on Andromeda. The Council also reported that "She has chosen to be a traveler, a wanderer, and she will have missions on other planets, but this is her last lifetime on Earth. This was her proving ground, and she has learned all the lessons that she came here to learn. There is still the goodbye lesson that was spoken of yesterday (in her Past Life Regression). She is trying to perfect the ability to use it in difficult circumstances, but she found out yesterday that she knows the lesson, and she can do it. She is stronger than she knows, stronger than she has known. Yes."

Guardian Angels Explained

In a recent *Spiritual Journeys* session with Kate, she wanted to know if she had a Guardian Angel and, if so, what its functions and abilities were. I asked Kate to rest comfortably in my hypnosis recliner, take herself instantly into deep self-hypnosis, and then rise into her 'Spiritual Area' and let me know when she was there and ready to proceed. Fifteen seconds later

she said, “Okay”, and we were ready to proceed. I coached Kate’s Higher Self, Elise, to call for Rinaldo, her Spirit Guide, to come forward. When Elise was sure that the being present was in fact Rinaldo, I asked Rinaldo to tell us if Kate had a Guardian Angel and, if so, explain what its functions and abilities were, and if it is the same as a Spirit Guide.

As Rinaldo explained, “Any spiritual being can be a Guardian Angel. A Spirit Guide can act on occasion as a Guardian Angel; however, a Guide has a broader job. A Guardian Angel is called in for specific incidents – say you become in danger, or you need a decision that can affect your ability to move on in that life. A Guardian Angel can step in there, or I could step in there if I wanted, but other entities could, too, including yourself. Your own Higher Self can be a Guardian Angel. It could be someone who served as a parent or grandparent in this life who has (died and) stayed close to you to give advice or to help you. There are really many spiritual beings that can act as a Guardian Angel, and all are available to them. There’s not just one Guardian Angel assigned to each physical being; any entity becomes a Guardian Angel when they assist the person, help them, intervene, or do something that affects them in the physical world, but none will come unless they are called.”

Chronic Fatigue Released

Cathy, a single 45-year-old family practice registered nurse, was a referral to me by her licensed chiropractor (for whom I previously provided a Past Life Regression) to assist in discovering the cause of her chronic fatigue and lack of energy. She said that she had been sick most of her life and tried several energy healing techniques (including acupuncture) that helped, but said that her Naturopath was really “holding me together.” She also mentioned that, although she always had a “general feeling of fatigue,

no vitality, and constant tiredness," she had not been formally diagnosed as having Chronic Fatigue Syndrome. I also determined during the Pre-Talk discussion that she was quite visual, poorly audient, and highly kinesthetic.

Cathy was an excellent hypnotic subject and easily went into very deep physical and mental relaxation, as determined by the muscle testing and temporary amnesia exercises. When I became convinced that there was no conscious mind interference, I used the Affect Bridge Technique and asked her to move back to when she ever felt that same feeling of being completely tired and drained of her energy. Cathy reported that her name was Victoria. Her husband was John, and they lived in England in 1895 with their three children, who constantly demanded their mother's attention, and she felt completely overwhelmed and frustrated. I asked Vicky if this feeling of being overwhelmed, drained, and frustrated was a new feeling, or did it feel like "Uh-oh, here we go again!" She said she felt like she was doing this over and over again, so I suspected that this lifetime with John did not contain the Initial Sensitizing Event.

I asked her to move further back in time to the *very first time* she felt that same feeling of being so tired and drained of her energies. Hannah appeared and said she was thirty-five years old, and was also living in England in 1790. She was waiting for her sailor husband to come home, but he never did. She kept sending her love out to him wherever he was, day after day, year after year, and eventually died alone, completely drained, when she was about sixty. I asked Cathy's Higher Self (who was also Hannah's Higher Self) to "scan" Hannah's energy field just before she died, and without any prior discussion, prompting or leading, her Higher Self reported that there was a huge cord of energy leaving her heart. When I asked to what or to whom it was connected on the other end, Cathy began crying and said went to her (Hannah's) husband who drowned at sea when the whole ship went down in a storm many years ago.

I then helped Hannah through her death and went with her to a beautiful Healing Garden where the White Light Angels called her husband to come to her, and explained what this etheric cord of energy was doing to Cathy, even across time. Both Hannah and her husband agreed that the cord should be dissolved, and instantly it was, and the Angels then began rejuvenating and re-energizing Hannah. When she was completely restored energetically, Hannah and her husband left the Healing Garden together. I then emerged Cathy from hypnosis, and she reported that she felt "clear and light" and full of energy for the first time in her lifetime.

Panic Attacks Released

Jim was a 40-year-old licensed chiropractor who came to me for a Life Between Lives (LBL) session to enhance his own spiritual awareness and also to discover the cause of his stomach issues and related severe panic attacks. Prior to each LBL, we are taught that a non-therapeutic Past Life Regression session should be conducted to ensure the information is able to flow easily from the client's subconscious mind prior to undertaking the much deeper and longer LBL session. This is normally done by specifically moving the client's awareness back to a pleasant and non-traumatic lifetime; but in this case, I was guided to take Jim's awareness back to a completely different place.

I placed Jim in deep hypnosis and then deepened him even further. When I was sure his conscious mind was not interfering, I asked Jim to "move back to the most important experience that brought you here today," and Jim reported that he was about one year old in this lifetime, and his stomach hurt. I asked Jim if he felt that the sensation he was feeling was new or familiar; when he said, "Oh, it's very familiar," I knew this experience was a Subsequent Sensitizing Event, and not the Initial Sensitizing Event, so I guided him back to an earlier time when he felt the same sensation. He reported that he was a Greek soldier, and was on a

battlefield dying from a sword in his gut. Again, it felt familiar so I guided him even earlier, and he reported that he was a Neanderthal man and his enemy had just speared him in the abdomen, and he was dying. Then I guided him back to the "very first time he felt that familiar feeling of pain in his stomach," and when he confirmed that it was the very first time he felt that sensation in his stomach, he reported that he was in Atlantis being treated on a table in a Healing Center by two women and a man who were removing an "organic cellular growth in his stomach area with a tube of healing fluorescent white light," and that the pain was not as severe as in the more recent experiences noted above. The pain was decreasing, but not being completely eliminated.

At this point, I called forth his "Higher Wisdom" to look at this area in his body and to tell the healers working on him what they would to do for him to be completely healed. Instead, his Higher Wisdom said that the healers were doing all that they could, but there's something that he needs to do first: *He has to first work on being resistant to them and fearing their participation*. When I asked what the fear stemmed from, he reported that it was his own stubbornness to participate in his own healing! I informed him that he could keep that stubbornness or let it go – it was up to him to choose. He told the healers working on him that he not only would like to let it go, he *chose* to completely release the stubbornness. Instantly his stomach area relaxed completely and the pain disappeared! I asked his Higher Wisdom what would be necessary for this healing to become permanent. All he had to do was release all his stubbornness and not dig his heel in, but just allow events to unfold naturally. He chose to do this out loud, and the healers stepped back from him because his healing was complete.

I then had him return to the Grecian battlefield, and he reported that the battle was over and he was okay and felt very relieved and relaxed, and the healing in Atlantis also healed his Neanderthal experience as well. I then

moved him forward to his current lifetime as a baby, and he reported that he felt slight, but normal, sensations of tension in his left side and stomach area, but no pain, disturbance, or apprehension. Then, after emerging Jim from hypnosis, he said he felt "terribly different – much more relaxed! Boy, that went in deep!" In a follow-up a month later, he reported that he no longer had the panic attacks like he did before.

Summary

The higher dimensions of the spiritual realms are the dwelling place of innumerable benevolent beings who watch over us and guide us to continue learning and growing in our spiritual awareness, to help us learn new ways of meeting and overcoming obstacles and challenges, and to offer wise counsel on anything that we can think of or even imagine. They have always been available to us from before the beginning of time, and, like our own souls, they are learning and growing through our own physical experiences as well. Their primary function is to protect and guide us as we "…go where no one *thinks* they have gone before." They are here to help us, but also must ensure that they do not infringe on the Original Prime Directive: they must not take any action on our behalf unless we ask them to – our Free Will is a gift from the One Infinite Creator and cannot be ignored. So they will never say, "You should do this," or "You should do that;" but they are always ready to advise us on the probable consequences of doing "this or that," and leave the choosing to us.

As we continue to learn and grow in our spiritual awareness, we hear about and learn about an amazing variety of methods and processes that can significantly accelerate our spiritual growth and consciousness. The Emerging Genre of "Spiritual Hypnosis" includes proven techniques such as Spiritual Journeys, Life Between Lives, Past Life Regression, Spiritual Regression, Parts Therapy, Quantum Hypnotherapy Healing Technique and many others as well, but they all involve tapping into our own inner

spiritual resources that are an integral part of our own being. Tapping into and using our inner spiritual resources is *how* we continue to grow in our individual and collective spiritual awareness.

About Howard Batie

Howard Batie has a hypnotherapy practice in Chehalis, Washington (USA). He is the published author of three books including *Spiritual Journeys: A Practical Methodology For Accelerated Spiritual Development And Experiential Exploration* (2014, CreateSpace Independent Publishing Platform).

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Chapter Three — Case Summaries

Bruni Brewin

The Angel's Secret

This story is about Mary (not her real name). I had seen Mary some years earlier; and at that time we dealt with self-confidence and depression. In that earlier session, two families were living in the same house and we dealt with an older guy who used to yell at her and treat her like crap (her words, not mine). Mary had anger at her mother because she knew but did nothing, and she had decided not to get close to her mother because of this. We did some "brainstorming" of what she wanted to do to work towards her outcome, and what she felt she could put into place to achieve this. We worked in hypnosis to check all parts of the subconscious were happy to work to that outcome. However, Mary had not come back to follow up on a further session.

Nine years later, Mary came back. When she arrived, she advised me that she had recently been diagnosed as schizophrenic. My warning bells rang, as my training told me that this client needed to be referred to a mental health practitioner. Rather than turn Mary away, I decided not to do hypnosis, only to counsel her and then refer. I learned about the sexual and physical abuse she suffered from the age of four years at the hands of a nine-year-old who was the son of the other family living in the house. She told me that she had been under psychological treatment and was on antipsychotic medication.

I would like to clarify here that I had worked for a psychiatrist in a trauma and pain clinic, and I had worked with a schizophrenic in that clinic position, without any adverse effects. In the centre where I worked, we had

a psychiatrist who owned the centre, another CMO psychiatrist, and a psychologist that I could have called on had I encountered any problem with clients. And you will see, as this story unfolds, how important it is, unless you have the skills and training to deal with such an event, that you on-refer. I was unprepared as I had already seen Mary without any of these events having been part of her history.

Mary came a long way to see me. I had moved from my previously closer location. I have a Diploma in Counselling apart from a Diploma of Clinical Hypnotherapy and many years of experience, plus my previous work history which included having worked in a trauma and pain management centre and with child sexual abuse, so I felt confident to counsel Mary in this session before on-referring.

I was showing Mary a one-page A4 sheet of paper that I had put together on Transactional Analysis (Eric Berne), that showed the Parent, Adult, Child (PAC) Ego State attributes, to explain that we all have thoughts from various parts inside us, and sometimes when we have trauma it can unbalance our internal system.

As Mary and I were going over the various Ego States, she turned to her side and said to an imaginary person at her side, “You little sh*t, I told you not to go with him.” That left me with no option but to deal with what was happening.

Mary’s child abuse at the age of four had caused a disorder that would today be termed as “Disassociated Identity Disorder.” In later sessions, as Mary and I talked more, we felt the term “Multiple Personality Disorder” (MPD) was a better description. To be able to cope, they (the MPDs) had locked little Mary away and the personalities formed to take over from little Mary to survive.

There were four MPDs apart from the original little Mary. All had their part to play, and all knew of each other. But the note to take on board here is that, despite the dire situation of fear and anxiety in her life, those parts of

Mary had the wisdom to know they needed help and, to some extent, what they needed to do.

Since that time, we have had a number of sessions over the years, and I have kept occasional email support with Mary. At one time, the lead MPD sent an email to me and wrote, “We knew it wasn’t schizophrenia, but we preferred that label.” And another time I was advised, “We knew that we had to let little Mary back in, if we were going to survive.”

Since those early days, Mary has been to University and now works in the “helping” field. The MPDs she knows are still there in the background, but they no longer come forward to take over. Life continues.

We saw each other gain through a seminar I was holding with a colleague from Melbourne. On the last day of the seminar, participants were asked to volunteer for any issues they might like to look at. Mary volunteered to come up for therapy on a difficulty she was experiencing with one of her patients.

The therapy chosen by the workshop therapist was Gestalt, and a man in the seminar was asked to take the place of the difficult patient in a chair before her. Unforeseen, this caused an instant ab-reaction of her earlier sexual and physical abuse as he sat down in front of her. Although she quickly recovered herself during the work that preceded, it caused her to come back to do some more work on this issue. This is not intended to be a case study of this client, as interesting as it is (and one day will be written about in greater detail, by the client herself).

(As an aside, the man in this scenario came back for further work. He had come initially to me with the fear of germs and showed obsessive-compulsive disorder tendencies, in the continual need to wash his hands and open door handles without touching them. The ab-reaction of Mary caused him to disclose to me in a later session that he had been sodomized at the

age of seven. He told me that he had felt too guilty and embarrassed to talk about it before and seeing what had occurred to Mary, gave him the courage to come forward.)

Mary came back recently to do a Spirit Trek. This is the feedback from that session.

I asked Mary how she was.

Mary responded, “I am well. I am feeling a lot better than before. I feel more confident and not bothered as much about what people say or think of me, these days, which is good. It is all about my clients, that’s it! I love being with them and I know they enjoy my company as well. The guy who I said I could not work him out? Well, he is now telling me he likes me and he says he enjoys helping me where he can. It’s beautiful! One of the other ladies there I realize understands a lot more than what she is giving out. Today, for the first time, I asked her to open the door for me so I could push a wheelchair through the door and she did it straight away! I learn every day from these guys and I am enjoying that!”

Mary continued with her own self retrospection, “I can’t focus as quickly as I would like to. I feel that is because I only used my long term memory in the past, I never used my short-term memory. Then when I went to Uni – I was required to use my short-term memory. That was difficult, because my brain had to rewire itself.”

We had already worked on releasing many negatives in earlier sessions. Mary also looked in a “special” mirror and saw the real “self,” the one that had the courage and tenacity to get her to this stage, despite the fear of the things that had happened to her. I gave thanks to the MPDs for their help in this.

Mary called the part she wanted to access, Higher Wisdom.

The question Mary wanted to ask Higher Wisdom to answer for her was:

“Is this the way I am meant to go, or what should I be doing?”

I took Mary to her special place, mum and dad's backyard. We put a swing chair in the garden with soft velvet cushions, a place she could come back to at any time she felt scared or felt the need to feel safe.

We asked Higher Wisdom to come to us, and Higher Wisdom was willing and able to speak. I asked Higher Wisdom if Mary could know the answer to her question.

Higher Wisdom told Mary that she was on the right path and that she needed to learn trust and to trust herself.

My own intuition had me wanting to call up four-year-old "little Mary," so I asked Higher Wisdom if it would be alright for me to call "little Mary," to which I had permission.

I asked "little Mary" if she had heard what Higher Wisdom had said?

Little Mary responded, "I'm scared – I'm scared, Bruni."

I asked little Mary to remember what she had been told the time she was being choked and left her body. She was told to go back, it's not time, and I asked her to remember the secret the Angels told her, and what she was meant to do one day.

I asked Higher Wisdom if she could help little Mary with her scared feeling.

Higher Wisdom said, "Mary doesn't need to have a trust filter. Everything is unfolding the way it is meant to. She needs to look forward, not back."

I asked Higher Wisdom if I could ask more than one question. I was told that I could.

I told Higher Wisdom that, in an earlier session, Mary was concerned with her short-term memory. When I asked if Mary could improve this and how could she do that, Higher Wisdom said she needed to ask for help. Higher Wisdom also confirmed that Mary will be writing a book when she has the confidence to do that.

Then I asked Higher Wisdom: “How close is Mary to having that confidence? What does Mary need to know to allow that to happen?”

Higher Wisdom said that she needed to look forward, but also needs to stay where she is for a little longer yet.

Was there anything else that Higher Wisdom had to say that would help Mary in the next few weeks and months? Higher Wisdom again said that she needed to look forward, not back.

We thanked Higher Wisdom and came out of our Spirit Trek.

Since that time, during a session, I set up a Gestalt – two chairs facing each other. I put the MPDs in the one chair facing little Mary in the other. I asked the MPDs to speak with little Mary about being scared. They all told little Mary that they loved her and want to help her to be happy. I then had Mary move chairs and become little Mary to respond to that. The dialogue went back and forth from one to the other and centered on trusting the others. I knew the change had occurred when little Mary shared with the others what the Angels told her that she needed to come back for. The lead MPD “Sister Instinct,” stroked her hair, held her little hands, and gently put her arms around her.

That was the showing of trust to the other parts. Before this happening, little Mary felt what she had been told had to be kept a secret from the others. It was the only defense she felt she had, so that they (the MPDs), would need to keep her as long as she didn’t tell them about the secret the Angels told her.

We are still in touch occasionally and the concerns Mary had about what people might think of her are becoming less and less as her confidence grows.

Special Gift

This client came telling me she knows she is meant to help people, but there is a block somewhere that stops her from being able to do so. One of my supervisees put the word out that if anyone would like to see me, providing they allowed me to use the outcome of our session, there would be no charge.

Marilyn (not her real name) was one that took up the offer to come. Marilyn told me that she was psychic. She felt that she had dealt with her past and she wanted to deal with what it was that was stopping her from using her skills.

She nominated the name "Higher Power," whom she said was God, and the question she wanted to ask was:

"You have given me a special gift. I know my life's purpose is to help people – how can I do this if I can't help or love myself?"

Despite having built up a good rapport, with Marilyn chatting away easily to me, as I was inducing a trance state – induction and deepening suggestions – Marilyn was stopping the process. She said she could not visualize nor see anything. We spent some time with that, assuring her that we are all different and some people don't see things. In fact, I was one of these people. But, in my mind, I know what things look like, taste like, and smell like. Still, I wasn't having any success.

I couldn't establish an ideomotor questioning response. Suggestions of becoming lighter and lighter and going to a deeper level, using confusing language wording, i.e.: There's no way of letting go while holding on … Two can mean two, but two is also to or too … and no two are alike too … like spokes in a wheel, twisting and turning effortlessly down into a still place … nothing was happening. I decided, as we couldn't get the Higher Power called God to come and see us, that I would reframe by asking if we could have a "Guide" come instead to help us. Still, I wasn't getting anywhere.

I told Marilyn that my intuition was telling me that she might need to release something inside before we can continue, and would it be acceptable to her that I take her on a journey to do that first. Marilyn agreed.

I asked her to imagine that she was walking in the field, a place we had chosen, imagining the sun shining down on her face, blue skies, the sound of birds, and the hum of insects. The grass was soft beneath her feet. There was a long fence to the right hand side of her. It was higher than her head and she couldn't see anything on the other side. Shortly, she came across a wooden door in the fence. I asked her to go through the door and it took her straight into a high ceiling room. The light was coming into the room through windows near the ceiling. The light shone onto hundreds of crystals that were hanging from the ceiling. The light from these crystals were reflecting into the large room, shining down a soft light into the remainder of the room.

"As your eyes become adjusted to the light Marilyn, you will see pictures, books and photos of different moments in your life since birth in this room. All the good things, all the sad things, and all the things that may have prevented you from using your skills or things that you wished had not happened."

I asked Marilyn to collect all the bad happenings and take them into the next room where she cleared them by burning them in a furnace. I then directed her to the end of the room where she would see a mirror. I asked her to go up to the mirror and look into her eyes where she would see the gift, the purpose, and her soul guide that she called God, and communicate her fears to ask her question.

Marilyn said, "I fear that I'm not good enough. Even though I feel it's okay for others, I don't feel it's okay for me.

I asked if she minded that I did some tapping on her to release what was holding her back. I got a “yes” to do that. And so I tapped on some meridians as I asked her to repeat some words.

I asked her to say to the reflection, “Even though I don’t want to do this.”

Marilyn responded, “Yes I do.”

I further instructed her to say, “Even though I do want to do this because?”… finish the saying Marilyn.

Marilyn said, “Because I feel fear.”

I asked, “Who put the fear in Marilyn?”

Marilyn responded, “I did.”

I asked, “Because?”

Marilyn said, “I don’t know.”

I asked Marilyn to look at “fear” in the mirror in front of her, and asked Marilyn to ask “fear” why it was there.

Fear replied, “I don’t know.”

She asked fear, “Why are you scared of being good? What is there to fear in helping people?”

She then suddenly said that fear had gone. “It’s time to do what I’m supposed to do.”

“I realize that I didn’t want to let them in – I only wanted to see the light.”

I asked the question, “Could you let Marilyn know if she is on the right path?”

The response was, “Talk to the ‘Inner Child,’ you need to be your own child’s mum. Feel your connection.”

I asked, “Is there anything else that you can help Marilyn with at this time that will help her?”

“She needs to trust herself and not be afraid.”

We thanked guidance and retraced our steps.

When Marilyn came out of hypnosis, she said, “I wanted to be loved. I couldn’t see it. When I saw that little girl, she’s gorgeous. My higher power was myself. I needed to believe in myself. It was hard work for you Bruni. It was so dark to begin with. I realized I felt that I can’t let them (people) down if I don’t tell them anything. It was like keeping a shell around me. I was a master at it. When you started the tapping it seemed that you were tapping the shell away. I watched them go. Then I started seeing the colors. When I see the colors, it means I’m happy.”

Anxiety All My Life

Suzy (not her real name) made an appointment to see me to release anxiety and fear. She was thirty-five years of age and married with two children. Because it is relevant to this story, I learned that Suzy’s religion was Catholic.

All my clients when booking are asked to write down their history of negative events, no matter how small they think these events are now. If they were bullied at school for example, it doesn’t matter how they think about it now, it is the feelings and emotions of how they thought about that with the wisdom of the age they were at that time that is important. These feelings and emotions were imprinted at the time of the happening and may still be having an effect today under awareness.

“To tell you the truth…” said Suzy, “I have had a wonderful upbringing, wonderful parents, a wonderful husband, and wonderful children. There is absolutely no reason that I know of why I should have this anxiety, which I have had all my life. I honestly think that I must have brought it in from another life.”

“So you believe in past lives then?” I asked.

“Oh! Yes!” said Suzy.

So I asked her, “Would you like to do a past life regression so we can see what comes up?”

“Oh! Can you do that?” said Suzy.

“Unfortunately, no – but I can take people back to see if they are able to. Most people can, but some like me don’t seem to be able to.”

For the reader, it is important for you to know that I give my clients some insight about our memory and how it works before doing this work. There is no doubt that some clients have regressed back to earlier life times, real or imaginary, and to tell the truth, in therapy, we can only ever deal with things in the “*Now,*” whether it is from the past, imaginary, or present life. If it is real for the client and causes negative influences and conflicts in the client’s life, then deal with it in the now is what we need to do if they are to unburden their fears and phobias and regain a happy, healthy life. However, there is a difference with the client coming across information in their mind to the information a therapist causes through their malpractice of implanting suggestions of things that have happened to them that didn’t. The latter causes false memories.

If you would like to know some more about how to do regression safely, you might like to read the book, *The Art of Hypnotic Regression Therapy: A Clinical Guide* by Roy Hunter and co-authored by Bruce Eimer, PhD, ABPP, who is a Fellow of ASCH. They write about the risk of false memories, and the authors provide a step-by-step process for facilitating hypnotic regression therapy.

So, after having explained about memory and past life regression to Suzy, she elected to do a past life regression to see what would come up for her.

After a progressive (from head to toe) muscle relaxation, i.e. asking Suzy to take her mind to her neck, shoulders, and all the way down her back, then letting all the muscles sink into the back of the recliner chair she was sitting on … going next to the jaw, smoothing out the lines on her forehead and her chest, and breathing relaxing, then progressively going through other parts of her body… just relaxing and letting go.

We deepened that depth of relaxation and finally went back further and further like the pages of a book until we went through the light into a previous lifetime. The questioning went like this:

Therapist: “Tell me what you see.”

Suzy: “I see lots of soldiers marching.”

Therapist: “How old are you?”

Suzy: “Eighteen.”

Therapist: “What is your name?”

Suzy: “Daniella.”

Therapist: “Tell me what you are aware of.”

Suzy: “I am really scared.”

Therapist: “What are you scared of?”

Suzy: “They are looking for Jewish people.”

Therapist: “Are you Jewish?”

Suzy: “Yes, the soldiers are coming to take everyone away.”

Therapist: “Do you know where to?”

Suzy: “No. They have taken my mother, father, and brother, who told me to hide.”

Therapist: “Where are you hiding?”

Suzy: “In a house.”

Therapist: “Is there anyone with you?”

Suzy: “No. But the soldiers are searching all the houses, and I am scared they will find me.”

Therapist: “You know you are safe here with me now and you are only viewing what it is you are scared of. Is it all right for you to continue?”

Suzy: “Yes.”

Therapist: “So go forward and tell me what happens.”

Suzy: “They found me at eighteen-and-a-half and shot me.”

Therapist: “Did you go through much pain?”

Suzy: “No. It was very quick.”

Therapist: “Is this the reason you have the anxiety in your present life?”

Suzy: “Yes.”

Therapist: Is there anything else you need to know about that lifetime?”

Suzy: “No.”

Therapist: “Suzy, you are aware that you moved on and then came back to another life?”

Suzy: “Yes.”

Therapist: “In this life you are Catholic and have nothing to fear about being Jewish, is that correct?

Suzy: “Yes.”

Therapist: “So would it be acceptable to you that you help me to release this fear now that you know it is safe to do so?”

Suzy: “Yes.”

We used a Gestalt therapy, putting the anxiety and fear on an empty chair in front of Suzy and worked with that part that was happy to take on a different function of bringing in happiness to this current life. We checked that all parts within were happy with what we had done and got a resounding “Yes.”

I then brought Suzy back to the here and now present time with suggestions of feeling safe and happy.

Follow-up with this client confirmed that the anxiety and fear had not come back.

Injury Dilemma

Rachel (not her real name) came to me to cease a smoking habit. Her conscious desire was to not smoke anymore. Our intake form showed that Rachel had been diagnosed with chronic pain disease and she was on medication called Meloxicaine.

She had an accident at work which caused nerve damage in the left-hand side of her neck and arm. The accident occurred when moving a trolley full of bottles that she thought were empty, but they weren't – the trolley, through momentum, caused a wrench that tore the ligaments as well as causing nerve damage. Rachel was currently under workers' compensation management. Her doctor's prognosis was negative, with neither the ability to heal nor go back to her earlier work position.

Rachel was the eldest in the family. She felt that she was a bit of a rebel, to fit in with everyone at school. Her grandmother smoked, her husband smokes (this worries her), she also smoked out of habit and, in addition, now smoked more through suffering chronic pain, (including stress, anxiety, nervousness, and boredom through not working anymore).

One of the reasons she took up smoking years earlier was because she didn't drink and smoking helped her to fit in at social occasions.

With everything going on, she felt that she now has anxiety, panic attacks, depression, and loss of control over her life. Through always being the one that others turned to for assistance, and being able to help them move forward, she now felt other people were in charge over her injury, that she was not able to relax or sleep without medication, which also was causing her weight gain. Rachel felt anger over all these issues.

I wondered if, at such a vulnerable time in Rachel's life, whether it was the right time to give up smoking (is there ever a wrong time?). Nonetheless, that is what Rachel wanted.

In our counselling, we spoke about others who, despite the odds, had proven their prognosis wrong. One of the most striking was by one of the founding members and past president of the Australian Hypnotherapists Association, Joe Kee.

Joe Kee decided to retire from work in January 2012. His three-year lease was coming up, and he said to me, "I have to retire some time, so I thought now would be a good time." Joe was eighty-five years old.

However, he did something even more remarkable. In 2004, Joe was diagnosed with only 14% of his kidneys working. He was put on dialysis and told he would need to be there for the rest of his life, but he refused to believe that. Joe worked in the field of hypnotherapy for decades, and knew how powerful the mind is, so he believed that he could overcome his condition. It took Joe three years of self-hypnosis to remove himself completely off dialysis. He was totally dialysis-free for the last five years of his life, and was undergoing a research at his local hospital. None of the investigations could show why or how Joe was able to cause this to happen. Unfortunately, in August 2012, Joe died of aortic stenosis which is a narrowing of the aortic valve, impeding delivery of blood from the heart to the body. Aortic stenosis amongst other things can be caused by congenital wearing of aortic valve in the elderly— a totally unrelated disease to his kidney disease. What a great innings he had, and what a legacy he left to inspire us in the event of our own healing.

We also spoke about Dr. J. A. S. Sage. Sage gave his story of how he had a weak heart and thrombosis in both legs at the age of twenty and how he overcame this in a book called, *Live to be 100 and Enjoy It*. This is a book he wrote at the age of eighty-three, and I have a second edition that he revised when he was ninety-six years old. Sage reminds us that, in a span of seven years, we have totally replaced every part of our body. His legs were swollen and so painful that he spent most of his day in bed. Then, one day, he read a book on visualization. He used this along with commanding his subconscious to replace each cell better than the one before it. Using his visualization, affirmations, and food as medicine, he created his magical healing journey.

Additionally, we spoke about a book by John E. Sarno, MD, whose program has helped thousands of patients overcome their back conditions. Sarno talks about Tension Myositis Syndrome (TMS). He believes TMS is the major cause of the common syndromes of pain involving the neck,

shoulders, back, buttocks, and limbs. Sarno's findings attribute these pains to oxygen deprivation that causes the brain to bring about physical pain to divert attention away from repressed emotion, (generally anger) which the brain doesn't want to deal with.

We talked about the book *The Brain That Changes Itself*, stories of personal triumphs recorded by Norman Doidge, MD. Doidge takes us to review research of detailed case studies that show us how the brain of a blind person learns to see, depression and anxiety disappearing, and lifelong character disorders changed, all cured thanks to neuroplasticity, the brain's ability to rewire itself.

This gave Rachel new information and a new perspective to view her pain that we could use to start thinking about her injuries in a different way.

The central nervous system "remembers" painful experiences, both emotional and physical, and they leave a memory trace in the brain. And when there is new sensory input, the pain memory trace in the brain magnifies the feeling so that even a gentle touch can be excruciating.

I asked Rachel's permission to deal with both the smoking and pain control. Permission was granted.

Rachel learned how to make her hand numb through putting it (in her visualization) into a bucket of ice-cold water with ice cubes floating in it. When the hand was completely numb, Rachel transferred the numbness of her hand to the injured area with instructions to leave just a slight discomfort so that she would remember to take care of that part to not injure it further.

I showed Rachel how STET visualizing a balloon caused her (good) arm to lift up in the air. How she could lift her arm through the use of her mind control—focusing with a laser-beam focus and lifting her arm through the use of the mind, without using her muscles. And when she did so, I

reinforced that this was all that Joe Kee and Dr. Sarno had done to create their changes, so she knew that she would be able to use her mind to create changes as well.

After the first session, Rachel stopped smoking. She was delighted with the results and felt great. She had no craving, no withdrawal symptoms, just not wanting to smoke anymore. This lasted for seven weeks, and then it all changed again. The cravings started again, and Rachel came back for a second session.

We had spoken about thoughts on spirituality. Rachel had a belief in past lives, and that there are reasons we have come here into this life.

Before hypnosis, I asked Rachel if she would like to call down a guide to see if we could get some help here. She said that she would.

In this session, I had elected to bring about a parts therapy session to ask which part(s) had decided to go back to smoking. My dialoguing with the parts found that it centered around the feelings on the anger of feeling out of control. She had helped others, but had felt out-of-control to be able to help herself.

So, when in hypnosis, I asked if we could have a guide come to Rachel to help her and, when it was there, could it please let me know that it was there.

Initially, nothing seemed forthcoming, and I established ideomotor questioning. (Ideomotor questioning is established by asking the subconscious to answer YES or NO with different finger responses.) I asked, “If a guide is here, could it please lift the YES finger.” The YES finger lifted to let me know that the guide was here.

Next, I asked the guide if it could help Rachel with advice on what she needed to do. The guide then went into speaking and said that Rachel needed to focus on helping herself. I asked if Rachel would be able to heal herself. The guide said not yet, but eventually. She needed to focus on helping herself and not everyone else. There was nothing else that she

needed to know. After thanking the guide for coming to speak with us I asked if Rachel could ask to speak to the guide again for herself at future times, to which the guide said “Yes.” I went back to the parts therapy and asked the parts what they had gained from what they heard.

They felt that to stop smoking was to focus on helping herself. They all agreed to put the non-smoking back into place and to start focusing on the self for healing.

When I brought Rachel out of therapy, she was awed, and she said her guide was Norma, an aunt who had passed over. She had felt the presence of Norma around her. Getting in touch with Norma was awe-inspiring.

And so I brought up Spirit Trek. I asked Rachel if she would like to contribute her experience to the book. “Oh, yes!” she said, “Please let me know when the book is out so that I can get a copy!”

Rachel told me how ironic it was that all we had done was just common sense. She used it to help all her friends, but failed to apply the same logic to herself.

We also spoke about what she might like to do for a job in the future. She felt that what she would like to do is become a marriage celebrant. She had her own experiences that gave her a desire to help in this area.

“You know, Bruni, I won’t be back again. I know that I can handle whatever comes up from now on. Thank you so much.”

Well! I reckon Aunt Norma and Rachel can handle it from here. I also reckon that Rachel’s caring nature and soft voice will make her a natural for her future career as a marriage celebrant.

As the saying goes, “One door has to close before another door can be opened.” Through taking Aunt Norma’s advice to focus on helping herself, that new door is already opening to a brighter future.

Nobody Cares

This client, aged forty, Rachel (not her real name), came with symptoms of nail biting, anger, sadness, depression, anxiety, and suffered migraine headaches. She had been diagnosed as currently having GAD (General Anxiety Disorder). At an earlier time after difficulties with her baby two years ago, she was told that she had PTSD (Post Traumatic Stress Disorder). This client has completed substantial reading and has great insight and awareness of her past problems. At the beginning of our session, she said that a part of what she felt was that it was her ethical duty to remain in a toxic relationship with her mother and sister.

Rachel wasn't on any medication apart from nutritional supplements. A middle child, feeling the eldest sister was dad's favourite, whilst the younger was mum's favorite—she felt invisible and her needs were ignored, but she never asked for help. She felt burdened by responsibilities as a child and by chores she needed to do when dad was away, which was to look after the cow and horse. The horse in particular terrified her, as it had attacked her. Her younger sister was always easy to get along with and has been a wonderful support to her. She has distanced herself from the others in the sense that she lives a long way away, so she controls how often she sees them. But her sister does not seem to have the issues with her mother and older sister that Rachel has.

Rachel had a low self-image. She was tall and thin for her age and was teased in primary school. They called her "stork" and she felt the boys didn't like her. She wanted to be short and fat so she could fit in.

There was shame around her mother being a hoarder, and she felt too embarrassed and ashamed to invite friends over. Trying to tidy up, her mother would react with anger and then tears, blaming her if she couldn't find something. She would then reject Rachel and not speak to her for days, then blame her for throwing things out if she couldn't find something.

Rachel said that she felt so frustrated growing up because she couldn't change things, couldn't have things the way she wanted them. "I needed help, but I didn't get it."

As a teenager, Rachel played an elite level of team sport. She ended up in a situation where her coach was in a relationship with another student and they used her as a decoy to spend time with each other. They were often cruel to her verbally, and this student would compare herself to Rachel, having the coach say why he preferred her over Rachel. This student told untrue stories about Rachel and, consequently, she was rejected from the group. Many years later, when she became friends with some of them as adults, they apologized and told her what had happened, and how this student had a campaign against her.

When Rachel later went on to play for the national team, this culture of bullying continued. She said, "I had no support from Mum. I eventually left the team at twenty-one, with total burn-out. After this I became very depressed, and felt that I had given up my dream to go to the Olympics. I felt that I had made the wrong decision to leave but felt too scared to go back. I was afraid of ever seeing the other team members again, and I felt shame for not being good enough."

Rachel was good at lots of things, but felt guilty growing up and even pretended to be bad at cooking so that her sister could be better than her at something. So, she got the label of being impatient and a bad cook. Rachel said, "I felt guilty to shine at things, and I never celebrated my successes."

Rachel's father died when she was twenty-five years old. She felt grief for many years, depressed and burdened by her mother.

Bad relationships with men followed, "… looking for love, instead inviting to be used without care or love, not standing up for myself or demanding better, putting my own needs on hold."

Her relationship with her mother and older sister was very argumentative, and she felt uncared for and unloved.

Rachel said that she felt a lot of hurt and sadness about her wedding. “Our families were unsupportive and unkind. My best friend was too busy to give me a hen’s party and, when I raised the topic, we had an argument, and things have never been the same. Tom’s (not real name) best man also didn’t help out, and they have hardly spoken since. My older sister tried to control what I did and never supported or encouraged me. I was left to hang decorations myself right before the wedding and felt let down by everyone. I was three months pregnant and very sick at the time and felt exhausted and uncared for. I still feel like I energetically haven’t recovered.

My own birth was a difficult birth. When I was born, the umbilical cord broke during labor. I was taken away from my mother after birth while doctors attended to her for a long time. She told me she thought she would die. She didn’t seem concerned about the effects it may have had on me, and this caused me a fear of having my own child.”

When giving birth to her own daughter, Rachel said that it was a long six day labor from when the waters broke, culminating in the need of an epidural, forceps, and suction to bring her baby daughter into the world. There were complications afterward due to an impaired function of the bowels and it took three days to get movement to her legs. For eighteen months after the birth, Rachel had to carry the baby around on her chest and never got more than two hours of sleep at a time. She said that she felt absolutely exhausted. Tom’s job took him away for days and she felt there was no way out. She said that she needed help but she didn’t get it. Rachel was diagnosed with post-traumatic stress at this time.

Rachel told me that since being married (well over two years) she has been experiencing a lot of anxiety that has a particular pattern to it that she thinks seems triggered from childhood. It happens regularly, sometimes once a week or fortnight. The common “trigger” is that Rachel feels her physical body doesn’t get its needs met (for example, Rachel gets exhausted from doing too much, has no time to stop and eat, lifting heavy things) and

she feels resentful towards Tom for not doing enough, and feels the burden of doing it. Rachel says that Tom usually responds defensively and doesn't comfort her or check in with her on how she is feeling. This then seems to trigger an overwhelming wave of sadness and thoughts of "How could he not care about me?" "He doesn't love me," "My needs are never met," "My needs don't matter."

Rachel says that she then goes into a state of being totally out-of-control emotionally, usually crying, always yelling and being angry, at times lying in the fetal position crying hysterically. It seems a pattern that is familiar and she often ends with saying to him that he is just like her mum and older sister, and they don't consider she has any needs either. Whenever I ask, she says "They are unable to acknowledge I need any help or comfort, and I am told that I don't have a problem."

There are many triggers in her married life—when she was sleep deprived or exhausted, couldn't get a break, and felt invisible to her husband. Rachel said that even though he tries hard to help, it was an overwhelming sense that he didn't understand, that he isn't trying to help her, can't he see that she is suffering, and her needs are always coming last.

After one of these episodes, Rachel is often really shaken up and feels a bit baffled as to why she was so upset. No amount of self-soothing seemed to snap her out of it. The only thing that would was if she could get comfort from her husband, but that doesn't happen as he felt attacked, and so it spirals. It feels like it is a childhood trauma and I seem to tap into that state, says Rachel.

Rachel said that another trigger for angry outbursts at Tom is that he has a lot of attachments to his things, and is reluctant to throw them out. "I feel trapped, at times like there is a noose around my neck, frustrated, powerless to be able to change things. It is almost a panic feeling like I am drowning and I react in anger." Rachel's current diagnosis is GAD (General Anxiety Disorder).

What Rachel wanted from therapy was to have a better relationship with Tom, to have less anxiety and not have the angry outbursts that she thinks are being triggered from childhood.

In the first session, we counselled on the issues presented, the impacts of the past and how they impacted on her growing up, and how this relates to her relationship with Tom.

Rachel wanted to deal with her relationship with Tom first, as she felt fearful of losing him.

However, there were so many issues that we talked about in that first meeting that we did a generic visualization exercise where Rachel collected all of the old issues into a container that were thrown into a fire, forgiving each one for all the hurt they had caused and also forgiving herself for having allowed them to hurt her.

In a subsequent session, I asked Rachel for feelings and emotions with how big they felt in regard to lack of support from Tom.

We used a simple 0-10 (high) evaluation. This was the result.

There was a No. 8/9 intensity part that was resentful for Tom not doing enough.

There was a No. 8 intensity part that felt sadness.

There was a No. 10 intensity part that felt anger.

There was a No. 10 intensity part that felt worthless (self).

There was a No. 9/10 intensity part that felt guilt for feeling this way.

Rachel used to meditate, but said she had to stop because of the early trauma with her baby. She had felt better when meditating and I suggested that she might like to start that again now that she had more time.

When Rachel came back for the next session, she said that it felt like it was working. A number of things have come up from the past in her meditation. Whilst meditating she found most things were automatically reframed (without any conscious input) to how she wanted things to be. This has made her feel a lot happier.

Although we had also worked with the death of her father, the sadness of this rose as unfinished business. She wished that she had been able to talk to him about things. He had been so sick for a long time.

We talked about Rachel's beliefs about what happens when we pass out of this world and she believed in an afterlife and rebirth. I asked Rachel if she would like to see if we could ask dad, Ron (not his real name), to come down to speak with us. Rachel said that she would like to see if we could call him down.

When we called, Ron came down. He told Rachel the reason he was sick for so long is that he didn't want to leave them. One thing he regretted was that he did not speak with her to help her cope better after he left. He told her that she was BIG like him. Then I asked if there was anything he could tell her to help her to move on. He repeated that she wasn't like her mum and sister, and again reminded her that she was BIG like him. I asked if he was there watching over her and he replied that he was. I asked if, during her meditation, Rachel could call him to ask his advice, and he said that she could. I suggested to Rachel that she might like to put her arms around her dad to feel his love and ask anything else that she might want to in private and to let me know when she was ready to return.

When Rachel told me that she was ready to return, I thanked Ron for coming to help his daughter and for allowing me the privilege of being part of that process, and let him go. I then counted Rachel out of hypnosis.

At the last session, Rachel told me that she was pregnant. We looked at the last pregnancy where she was able to see the things that caused her problems at that time and to validate for herself that using her own decisions in this pregnancy that she could see that the outcome would be totally different. She did not fear the future pregnancy and now looked forward to that.

Rachel's thoughts about our sessions together, her talking with her dad, her feelings that no one cared about her needs being met, and anything else from our sessions are shown below in her own words …

I found the sessions very helpful. After the first session I felt less depressed, as though my mind was no longer focusing so much on the past. After the second session, my overall relationship with Tom improved, it seemed to be more harmonious and I stopped having the panic feeling that I wanted to run away.

After the third session, I felt a more healthy separation from my mum and sister and more able to live my own life. After the fourth session where we called on my dad, I have found it easier to tap into memories of my childhood that were happy whereas previously I was only remembering the hurt. If I meditate or have quiet time to myself I can tap into a feeling of support from my father which feels nice. I have also stopped biting my nails which is really fabulous, and I have noticed a feeling of assertiveness arise and I have been able to assert healthy boundaries and expectations with a particular person in my life that previously caused me upset.

At first I thought the angry outbursts had reduced in frequency, but they are actually still occurring and via the same triggers. I feel a bit disappointed with that but I suppose it just indicates I have more to discover in this area. I actually miscarried a week ago – at 9 weeks of pregnancy. The first 4 days or so I felt support by Tom and actually felt a lot of healing had taken place between us, and actually healing from my daughter's labor . But since then the outbursts returned and had the same triggers as before, i.e. feeling exhausted and not cared about. The main difference is that I have awareness that what I seem to need is to cry and be supported, and when this doesn't happen it leads quickly to the rage. So perhaps this is the piece of the puzzle that I have been missing till now. Tom and I have spoken about it, and he said he is going to try to hold me next

time it happens so that I can cry – if this happens this will be a massive step forward for us. I think I have taken some good steps forward, and it's clear my journey continues….

Snakes Alive

John (not his real name), lived on a rural property. His wife was a therapist and John himself had studied to obtain credentials to help people therapeutically. Part time, he had a truck delivery job. Both he and his wife had submitted details to do some work with cancer patients in a local hospital.

John came to see if a Spirit Trek session could help him to find out if he was meant to be a therapist.

During our information talk, I volunteered my own concerns at coming across snakes on my property, as I had just moved to a rural property myself. Having always lived in suburbia, I said that I didn't know how I would react should a snake come across my path. It didn't help to hear my daughter tell me that she had seen a brown snake come from the property across the road to our side of the road, and then it disappeared into a water outlet pipe. My daughter, who was just leaving the property in her car, had witnessed this. She saw a lady with her dog walking towards where she saw the snake, so she stopped her car, got out and warned the lady so she could take a detour via the road rather than continue on the grass verge.

Brown snakes can be very aggressive and chase you, and they are very fast. We also have red bellied black snakes that eat the young of brown snakes. But, because they are slower, people tend to kill these (although it is illegal), and in the process killing a natural predator that would keep the brown snake numbers down. Since then my "flight or fight" response was on full alert and my eyes watched the ground as I walked on the property.

A dog bitten by a brown snake would die within minutes (my son's dog was bitten and died very quickly) and, as a human, if you were bitten, survival was "touch and go" if you didn't get help quickly.

These stories John shared with me sent shivers up my spine.

John was working on a car in his garage when he noticed a brown snake at the back wall of the garage. He went and got a cardboard box and walked towards the snake which obligingly went into the box. When John closed the top of the box, the snake with seemingly great strength thrashed around trying to get out of the box. In hindsight, he said, "It just didn't even register that I might have got bitten, it just seemed the logical thing to do at the time." He drove the snake several miles away, setting it free without mishap.

Another time, the pump on his dam wasn't working, which had high grass in front of the entrance. So John, who didn't have his glasses on, could see better what the problem might be, put his head down low near the entrance of the pump. He felt softness beneath his head and thought that it was the grass. But as he retracted his head, where his head had been there curled up asleep lay a red bellied black snake. As he moved away, his movements woke the snake who slid away past him.

John had heard that I was looking for people who might like to volunteer for the Spirit Trek book and asked to be part of this.

John's belief system was that we all had a higher power and I asked him what name he wishes to call this higher power. He felt that "Higher Power" is what he wanted to use.

I then asked him to formulate the question he wanted an answer to. John said that he had an uncertainty in direction in life and was looking for guidance. His question he wanted answered was, "Am I in the right job?"

We established the hypnosis trance state and ideomotor response signals.

I asked, “Would the Higher Power of John please come and speak with us or indicate by finger response and advise us when you are there.

“Higher Power” was able to speak to us and said, “I am here.”

I asked, “Higher Power, John would like to know if he is in the right job, are you able to answer that for him?”

“Higher Power” said, “John is in the right job. You have two guides helping you. One is a young aboriginal boy who stays around your property and keeps you safe from the snakes. The other is an American Indian chief that guides you in your therapy.”

I asked, “Higher Power, do you have any information that can help John at this time?”

“Higher Power” said, “He is heading in the right direction. He needs to slow down. He is doing too many things at one time. He needs to stop driving.”

I asked, “Higher Power, are there any other things you wish to tell John?”

“Higher Power” repeated, “Settle down … Slow down ….”

I thanked “Higher Power” for coming to speak with us and for allowing me to be part of that process.

I then ended the session by bringing John out of hypnosis.

Since that time…

John had decided not to keep his part-time job of driving trucks. He was spending more time now at the clinic with his wife and was seeing more people. A local hospital was trialing the clinic by sending people for three sessions as a supplement alternative therapy to see how beneficial that might be to cancer patients.

John told me that he went to see a psychic. She told him that most people want to believe that they have American Indian blood in them—but that he actually has. She could see an American Indian standing there in the

room. She also saw a young aboriginal boy who guides the snakes to go through his property.

He mentioned that his brother was married to an aborigine, and they go camping once a year at a special sacred land where only aborigines and family members are able to enter. This time he and his wife went with them. While there, John said he couldn't settle, something felt strange. He went for a walk. When he came back to the campsite, he mentioned his feelings as though something was wrong here. His brother's wife's mother, who is an aborigine elder, said that four aborigine men were killed near here. They knew they had been killed by a white man because they found the bones buried. She added that aborigines do not bury their dead when they pass over. Instead, they hang them over trees. John said, "I heard the name Jim when I was there." She said that Jim was the name of the man that had murdered the men. Everybody went silent sitting around the campfire as they could not believe what they just heard.

While setting up camp, John putting the tent up and blowing up the mattress, he noticed large ants. Brushing them aside and not taking any notice, John continued with what he was doing. When he finished, he called his wife over and she climbed into the tent and was bitten twice by the ants. John had been in the same spot for nearly one hour and had not been bitten, but now he had to move the tent to a different location. His wife, a few days later, had to go to a doctor for treatment for the bites. John thought, *why was I not bitten?*

Another time, John had been idly sitting in the back, watching some wasps flying around near the eaves. He had been there a while when his wife came and joined him. Within a few minutes, one wasp then another came down and stung her. At dusk, the mosquitoes come out and his wife has to go indoors to avoid being stung—not John. Again John wondered, *why not me? Could it be that I am being kept safe by my Guides?*

Smoking Peter

Susan (not her real name) kept smelling cigarette smoke, sometimes at work, other times at home, and even in the car. Susan specifically wanted to find out more about the smell of smoke she was experiencing at various times. She had smoked when she was younger, but not for years. At times the smell of smoke was so bad that she felt that it was going to affect her health.

Susan felt that someone who had died from the other side was with her who smoked. It was a really strong smell. She did not feel scared by it, just wanted to know what was going on.

Susan, around the age of fifteen, had gone across the road where she and a friend decided to set up a Ouija board to see if they could call any spirits to them.

What's behind the Ouija? How does it work? Is it, as the manufacturer suggests, a harmless game? Or is something more sinister involved? Many people believe that spirits make the Ouija's plastic planchette move, whilst others say that we our self (or more accurately, our subconscious), makes it move.

The Spiritualist theory—is that Ouija messages obviously come from forces beyond our control. You contact or "channel" these entities through the board. They are discarnate spirits, ghosts, or other ethereal beings that have a purpose for contacting the living. Or, there is the Automatism theory —the clinical term is "ideomotor response"— where you may not know that you are moving the message indicator, but you are.

When Susan returned that night, she was white as a ghost. She said that a boy they knew who had recently died in a motorbike accident, and whose head had been decapitated in the accident, had told her that he was going to visit her that night at midnight. They both got so scared that they didn't close the circle properly which now meant that it left it open for spirits to come and visit them.

Susan was so frightened that her mother had to sit next to her bed reading a book so that she would be there at midnight before Susan would go to sleep. Fortunately, the dreaded event passed as a non-event.

However, there was a subsequent event some months later when Susan woke up at night with something pressing down on her chest. She couldn't breathe. She screamed out and her parents came running to her room and "he" went away. From that incident, she could draw a picture of him. She said that he kept visiting her. "When he was in the room, I could feel where he was by his energy. I woke up with my name being called one time. When I looked up, I saw him standing in the doorway." He was short and balding, but she didn't recognize him. He said nothing further. She moved out not long after that.

Growing up, Susan was very sensitive to feeling any presences or aware of smells.

Some years later, some friends who had horses on their property asked Susan if she would stay in their house overnight and feed them. She was sleeping on the lounge in the living room and woke up with her heart beating, hearing the microwave going and the kettle boiling. Going into the kitchen, Susan could feel an ominous presence of foreboding.

"I switched the microwave and kettle off, but they kept going on again. I had to pull out the plugs from the wall. I did not feel safe and left the house. I returned the next morning to feed the horses and the owner rang me to see how things were. The owner, Peter, (not his real name) is very religious and fearful of anything like this.

"When I started to tell him what had happened, he said, 'Don't tell me because one day when I was walking out of the room, I was hit by a shelf in my back that flew across the room.' Since then, Peter had screwed the shelf to the wall. The shelf had traveled through the room, through the doorway into the next room and across that room before it hit him."

And now, the cause of this story, we had the smell of smoke. Susan never felt unsafe when it came. It didn't frighten her; and she did not feel that whatever it was meant her any harm. But sometimes the smell was overpowering, and she didn't like that.

The transcripts shown below were obtained by Susan hearing a person in her mind, and part ideomotor finger movement. We also called on Spirit Guides for assistance.

After a hypnotic induction and deepening, looking into a full length mirror, Susan saw smoke …

Therapist: "What are you here for?"

Voice speaking through Susan: "I want help to move on."

Therapist: "What is your name?"

Voice: "Peter."

Therapist: "When did you die?"

Peter: "1984."

Therapist: "How did you die?"

Peter: "Motor bike accident."

Therapist: "How old were you?"

Peter: "Twenty-four."

Therapist: "What can we do to help you move on?"

Peter: "I don't want to leave."

Therapist: "Why are you with Susan?"

Peter: "Security."

Susan asks: "How am I security to you?"

Peter: "Your energy."

Therapist: "Why don't you want to move on?"

Peter: "There is more to it. I am afraid of the darkness."

Therapist: "What do you mean by that?"

Peter: "I murdered someone brutally—I am evil."

Therapist: "Why are you evil?"

Peter: “I liked it.”

Therapist: “For power?”

Peter: “No, the adrenaline. I liked it.”

Therapist: “How many people did you murder?”

Peter: “One.”

Therapist: “What happened that caused you to do that?”

Peter: “This person did the wrong thing. He tried to screw me over. I was responsible for making money for the club. He took money. I chased him on the motorbike and shot him.”

Peter told us that he was in a bike gang and it was his job to collect the money for drugs. It turned out that Peter said that he knew Susan from afar. I asked if there was a guide that could speak with us to assist and would it let us know when it was there. When it was there, I asked …

Therapist: “What is your name?”

Guide: “Fred.”

Therapist: “Fred, can we help Peter?”

Guide Fred: “Yes—be careful, he is strong and powerful. He is a can of worms. Trouble… psychological battle. He is loose cannon. When he crossed the line, he lost it. His emotions—he couldn’t step back. He fears punishment – he has been there before—in his previous life. Then, his father was violent, and beat him up.”

Therapist: “Would it help Peter to do a regression to that life to add to his understanding?”

Guide Fred: “Yes.”

Therapist: “Can Peter avoid punishment?”

Guide Fred: “Yes.”

Therapist: “How?”

Guide Fred: “By truly feeling remorse.”

Susan then asked for answers for herself …

Susan: “What do I need to do to get Mental Freedom?”

Guide Fred: “Remove mental negatives—bring in calmness.”

Susan: “What do I need to do?”

Guide Fred: “You are doing what you need to do. Keep doing what you’re doing.”

Susan: “Is there anything else you can tell us?”

Guide Fred: “You have trouble coming on the first of June.”

Susan: “What sort of trouble?”

Guide Fred: “A driving accident—Steven (not real name—Susan’s son) —he will be taking drugs.”

Susan: “Can we prevent this from happening?”

Guide Fred: “Yes.”

Susan: “How?”

Guide Fred: “Your father can help him.”

Susan: “Is there anything else we should know?”

Guide Fred: “Yes—Someone wants to steal your horses. Put a lock on the gate.”

We thanked Guide Fred for coming to speak with us, and then called Peter to come and join us. When he was there …

Therapist: “Peter, have you thought about what has been said? Would you let Susan know what your thoughts are about this?”

Peter: “Still afraid, I want you to help me.”

Therapist: “What are you still afraid of?”

Peter: “The darkness.”

Therapist: “Peter, I want you to go back before this last life so we can understand what happened in that life? Is that okay?”

Peter: “Yes.”

What we learned from this was that Peter’s father in that life did not treat Peter or his mother well. He was physically abusive. Peter grew up angry and one day, when he was old enough, he saw red and lost it and beat

up his father, killing him. When he passed over, he was punished for this. He is now scared they will send him back to the same place again.

However, Peter had told us that, in this recent lifetime, his upbringing was fine, it was just that he mixed up with the wrong people. Through checking various things Peter responded to, it led him to say that he knew it was wrong, and that in hindsight, he wished that he had not done what he did. That wish in turn led to acknowledging that he was sorry for what he had done. I reminded him that the Guide Fred said that was all that was required of him not to be punished—was to feel sorry for what he did. Peter said that he was still fearful in case that was a trick. I asked if he would like a guide to come and talk to him, and he responded that he would.

I asked for a guide to come and help Peter. John was the name of this guide. We thanked John for wanting to come and help. Guide John was not aware of any earlier communication we had with Guide Fred (the first guide), nor of Peter's problem. We asked Guide John to talk with Peter and let us know when that had finished. When they finished talking and Peter came back in, he felt it was alright to move on. I asked him if we should light a candle to help him move on in the light and he said yes. I gave some ego-positive suggestions and left Susan to say her words to him.

I spoke to Guide John again, asking him if he could go with Peter to help him and he said yes. As they seemingly went to move on, Peter said, "I can't do it… I can't do it… I can't do it…."

I asked Peter to call up a strong part of him from his ancestors to help him. Peter still had fear and a lack of trust that he would be all right. I asked would it be okay if I tapped on Susan and that it would be like I was tapping on you to remove these feelings. Peter agreed. I tapped on a lack of trust and fear. It went down from a high "ten" feeling down to a "three."

We suggested he move toward the light, but, at the last moment, he drew back.

Susan has not been able to come back again. She says that Peter is still around but not as much as he used to be.

EDITOR'S COMMENT:

Several colleagues and a couple of ministers I know personally have warned of the potential risks of experimenting with Ouija boards without proper spiritual protection. The above case history demonstrates the possibility of truth in their warnings. It is included in this book because it indicates that people can experience contact with spirit beings who allegedly lived physical lives but may not necessarily be good souls to contact.

Four-Year-Old — Her Uncle and Son

There is more validated research on past lives today. The Paranormal is studied in universities. Near-death studies estimate that twelve percent of people who have had a close brush with death will later report having a near-death experience.

Though the research is modern, the phenomenon is ancient. Egyptian lore and spiritual texts such as *The Tibetan Book of the Dead* abound with accounts and descriptions of the passage from life to death.

So while we are in the realm of contacting Guides, Guardian Angels, Higher Wisdom, and all there is—I felt this client who came for releasing the smoking habit, warranted inclusion.

Client Name: Mary (not her real name).

Like most therapists, I have a protocol to assist clients to release the smoking habit. Sometimes I would regress the client back to a time before they began smoking to remember how good they felt prior to starting. The breathing, the energy, health in general ….

I gave Mary such instructions, "As I count backwards from five to zero, I want you to go back to a time when you were a non-smoker. 5 – 4 – 3 – 2 – 1 – 0. Tell me what you are aware of."

To my surprise, Mary went back to a previous lifetime …

Mary: “I am four years old, lying on the floor dead. Two people are walking towards me.”

Therapist: “Do you recognize the people?”

Mary: “One is my uncle; I don’t recognize the other one.”

Therapist: “What is happening? ”

Mary: “My uncle is picking me up. He is carrying me to his car.”

Pause …

He has driven me to the hospital. Now he is carrying me down the stairs and laying me down on a stone slab. He is leaning over me and there are tears coming out of his eyes and they are falling on my cheek. He is leaning over and kissing me on the cheek.

Silence…

Mary: “Oh! My God! He is my son in this life. Looking into his eyes, I can see that he is my son. I can’t believe it! He is my son!”

Therapist: “Is there anything else you need to know about this incidence?”

Mary: “No.”

I brought Mary back to the present time and we completed the smoking therapy.

After I brought Mary out of hypnosis, she told me that she knew as soon as she looked into her uncle’s eyes that he was her son in this life. “It was amazing,” she said, “If I hadn’t gone through that I would never have believed it possible.”

I am very much aware of how words need to be very specific; and since those early days, I have always made a point of saying, “I want you to go back in *this* life to become aware of how your health felt before you became a smoker.”

About Bruni Brewin

Bruni was originally from Germany, being taken to the United Kingdom at the age of eight when her mother remarried. She met her husband, John, and, with a baby in arms, they immigrated to Australia in 1965. They have two children, a daughter and son, five grandchildren, and one grandson.

It was in 1989 that Bruni saw a course being advertised for hypnotherapy. From that very first “interest only” course (or so she thought), it has led to twenty-six years in the profession (prior to the writing of this book). Having joined the Australian Hypnotherapists Association (AHA) in 1992, she became National Secretary until 1996, needing to step down to help her husband in his business. Then, in 2001, Bruni became National President, a position she held until 2010. Bruni is now President Emeritus of the AHA.

Bruni is living on a rural property in Yanderra, a village situated on the border of the Southern Highlands and Macarthur Region of New South Wales.

http://www.bbbenefits.com.au

4

Chapter Four — Soul Journey through Grief

Bruce Eimer, PhD, ABPP

I am a doctor of psychology, and am both a practicing clinical psychologist and professional hypnotherapist. I was married for twenty-eight years and my relationship with my wife was fraught with conflict and fighting. Despite my training and experience as a therapist helping other people, I was unable to fix our own problems at home. On January 5, 2014, my wife of twenty-eight years died by suicide.

“Physician Heal Thyself”

Is this really too much to ask? Other than Homo sapiens, most species in the Animal Kingdom heal themselves from injuries sustained in their natural habitat. Certainly the loss of a loved one is a serious injury albeit a psychic one. Whenever an ongoing intimate relationship is interrupted, there is often a residue of unresolved feelings. Given the complexity of the human mind, when a loss is complicated, such as when the death is the result of a suicide, this usually creates a conflicting mix of upsetting and unsettling emotional feelings, bodily sensations, and recurring thoughts for family members the decedent left behind.

The human need to resolve uncertainty

If the relationship was a conflicted one, then the process of coming to terms with the loss, in other words, the grieving process, is likely to present significant challenges. In most cases, it will be necessary to work with a competent therapist who is experienced in grief counseling because, on your own, you are probably not going to have the right tools to do the “repair work” necessary.

Human beings are intrinsically motivated to resolve uncertainty (Eimer & Torem, 2003). In Gestalt psychology, the central principle is the motivation to restore a whole picture. In terms of personal therapy, one can say that there is a strong need to resolve, or finish, “unfinished business” which some people call *obtaining closure*. In the language of psychology, uncertainty is a part of life and must be accepted and managed. Too little uncertainty can result in boredom, but too much uncertainty creates uncomfortable levels of anxiety.

When a loved one is torn from you as a result of sudden death, as in a suicide, the Gestalt is broken and there is the strong motivation to restore the Gestalt which has been broken. If there remains “unfinished business” between the survivor(s) and the decedent, then this complicates the restoration of the Gestalt for those survivors. Unfortunately, once deceased, a person is gone forever from this earthly physical plane of existence. Fortunately however, we human beings, given our ability to exquisitely use abstraction and symbols to represent the unseen, have varied traditions of spirituality to complete the Gestalt.

When someone close to you dies suddenly, and there remains unfinished business with the decedent, it is not simple or easy to restore the Gestalt. There are usually pieces in the relationship as it had unfolded through the years that need to be reviewed, understood, and reframed in order to achieve some level of peace going forward. There often exists the desire to have the opportunity for “do-overs.” While this wish cannot be granted in reality, it can be gratified through the use of one’s abilities to daydream, pray, meditate, become aware of one’s thoughts and self-talk, and become familiar with one’s inner voices, which is another way of saying one’s “inner family.”

For several years before I lost my wife of twenty-eight years to suicide, approximately fourteen months before writing this chapter, our relationship, which had been conflicted and argumentative for a long time,

had deteriorated badly. For most of our marriage, we had what might be characterized as a classic “love-hate relationship.” To use the old adage, “neither of us could live with each other, nor could either of us live without each other.” Unfortunately, my wife, who was three years my junior, sank into the first of many deep depressions approximately fourteen years before her death, as a result of a significant financial loss we sustained. These depressive episodes recurred on a periodic basis until they got so severe in the last five years of Andrea’s life that it became necessary to get her major psychiatric treatment.

In spite of the fact that she saw one of the best therapists in the country, my wife shot herself on January 5, 2014, and I was the one who discovered her.

The Power Struggle

One of the defining psychopathological characteristics of our relationship was the “triangulation” of our children. This is a psycho-babble term for describing a situation where in one spouse/parent uses the children as leverage to get what he or she wants from the other spouse. Usually, the spouse who is the “active manipulator” repeatedly brings the children into the arguments between the spouses, a place where children should not be. There must be a clear boundary between the parental subsystem and the rest of the nuclear family so that children can be children and parents can each contribute their unique socializing input to the children. When this boundary between “parents” and “children” is weakened, it forces the children to deal with the massive anxiety that stems from being forced to handle a role that is totally inappropriate for them to fulfill. Typically, the other spouse, the “passive manipulator,” is forced to react to the “active manipulator’s” machinations. Often, this dance continues and repeats itself unconsciously, adding stress to the lives of the children who are usually not equipped to handle the stress created by their parents.

My wife repeatedly brought our two daughters into our complicated power struggle. We could never agree on child-rearing principles. She tended to overindulge the children, give in to their every whim, and when she became fed up, she would become mean and verbally abusive. I, on the other hand, as was my father who was born in Poland in 1913, and who was a Nazi Holocaust survivor, tended to be stricter with the children. In other words, I was much more selective in my reinforcement pattern with my daughters. I just did not give them whatever they asked for. This repeated pattern caused lots of arguments and resulted in "split loyalties" between our children and us. This naturally perpetuated a lot of anger and resentment between myself and my wife, with both of us saying mean things to each other.

So, many may wonder how our marriage lasted twenty-eight years. My wife never wanted to leave me, mostly because she hated change … and somehow she seemed to like conflict. On the other hand, although I hate change also, I did "try" to leave on numerous occasions; but as we say in the hypnosis profession, "try" is a lame word. To say I am going to "try" presupposes that I am going to fail or at least not succeed. As they say on the ball field, I repeatedly "chickened out."

Complicated Grief

Despite suffering from severe depression in the last year of her life, having been treated for her depression pharmaceutically and psychotherapeutically for years, and spending six days in a psychiatric inpatient unit seventeen days before her death, my wife Andrea's suicide by gun was a genuine surprise to my daughters and to me. It was a surprise to all of her friends and associates and work colleagues, and to our neighbors as well. It was also a surprise to her brother.

It was a shock; and the shock rapidly transformed into anger, fear, guilt, and sadness. In the aftermath of my wife's death, after our frantic efforts to deal with the immediate fallout, my daughters and I began to attend support group meetings for grief after suicide. This has been somewhat helpful; but even after fourteen months I found myself unable to figure out how to really lay things to rest and achieve a reasonable level of peace after this horrible event.

Given that I am a clinical psychologist and a practicing professional hypnotherapist, naturally I sought out assistance from some close colleagues to help me get through my complicated grief. I also began my own personal therapy. Being a hypnotherapy trainer as well as a practicing hypnotherapist, I began to employ my own self-hypnosis to explore ways to resolve my complicated grief.

Clarifying distinctions between Grief, Bereavement, and Loss

I believe it is also important to recognize the distinction between grief, bereavement, and loss. *Loss* is an objective term. It means to lose something. One can lose something that one values, or lose something that one doesn't. *Grief* on the other hand, means to pine over a loss. It means to lament the loss and to experience regret over things that were done with the decedent that can no longer be done or undone, as well as things that were not done with the decedent. It is more than just missing someone. It is going through a process of coming to terms with missing someone whom you have lost. Finally, *bereavement* denotes and connotes a more ubiquitous experience of processing the implications of the loss of a significant loved one.

Bereavement can include various degrees of grief and even no grief at all. In my case, regarding the suicide of my wife, I have been experiencing all three of the above.

The "Soul Search" Method

Roy Hunter, the editor of this book, has been a good friend and colleague of mine for going on four years as of this writing. We have collaborated and continue to collaborate on a number of hypnotherapy projects, most notably building a bridge between professional hypnotherapy and the licensed health professions starting with professional psychology. Roy is a prolific author and hypnotherapy trainer. One of his areas of specialization is the resolution of complicated *past* grief. He has developed a conceptual framework for implementing "Spiritual Hypnosis" that combines elements of Grief Therapy, Parts Therapy (Hunter, 2005; 2010) and Hypnotic Regression Therapy (Hunter & Eimer, 2012). He has labeled the process "Spirit Trek."

Background

In his seminal book, *Hypnosis for Inner Conflict Resolution: Introducing Parts Therapy* (Hunter, 2005), Roy had not yet labeled the process as "Spirit Trek." He simply referred to the process as "exploring spiritual potential." Spiritual hypnosis, as it is also termed, is about using inner work to help clients answer their spiritual questions, such as, what their purpose is in this life, and if they can ever learn to really love someone, including themselves.

As Hunter discusses in pages 174-182 in *Hypnosis for Inner Conflict Resolution* (Hunter, 2005), "Grief Resolution Therapy" (GRT) commonly includes some form of Gestalt role play with the departed loved one. Hypnotic Grief Therapy (HGT) typically involves age regression, or "taking the client back in time to visit with the late loved one while he or she was still alive" (Hunter, 2005, p. 175), and then using Gestalt role play to facilitate dialogue with the goal of releasing the departed loved one, if the client needs to do this. Another form of HGT is to guide the client to his or

her “sacred place” and suggest that the client may communicate directly with his or her late loved one’s soul. Typically, the client is also guided to ask his or her “Higher Self” or “Higher Power” for assistance.

At what point in time?

In his Parts Therapy and Hypnotic Regression Therapy workshops, Roy wisely points out, and my experience bears witness to this, that HGT is seldom helpful in the acute aftermath of losing a loved one. At this stage of acute bereavement, and often, as in my case, Acute Stress Disorder, crisis resolution and stabilization is what is most indicated. In fact, if the loss is sudden and traumatic, as in my case where my wife shot herself and I was the one who discovered her body, the client would do best to be offered something akin to “Critical Incident Stress Debriefing” (CISD) (Mitchell & Everly, 2001). It is much later in time, often at least one year (although there are no absolute rigid time limits), once the “dust settles,” that the survivor may be ready to work on resolving his or her grief.

The nice thing about the “Spirit Trek” framework, from my point of view, being that I am not a proponent of scripted or “cookbook” hypnotherapy approaches (i.e., “script-o-therapy”), is that it is flexible and can be modified. In this brief report, I shall not detail the steps of the Spirit Trek Protocol as Roy Hunter has developed and written about. It is explained elsewhere in this book. What I shall do is summarize a protocol I came upon in my journey to make peace with my departed spouse, to help my daughters move on with good memories, to become a better father and a better person, and to find peace within myself.

Suffice it to say, the “Spiritual Hypnosis” process I shall describe, which I call “Soul Search,” is related to numerous other “inner work” techniques for working through unresolved feelings associated with the loss of a significant other. However, what distinguishes the approach described herein is the induction of a hypnotic trance or meditative, self-reflective state, reaching out to one’s personal representation of one’s “higher power”

or “highest wisdom,” and accessing one’s internal representation of the spirit or soul of the departed loved one with whom one still has unfinished business. The general objective is to “finish the unfinished business.”

My reason for sharing

In the remainder of this chapter, I shall summarize the steps of the protocol I have somehow discovered and have been using in my inner healing work, and then I shall describe how I have used it thus far. Please recognize that, at the time of this writing, this personal work is far from over, as there is more work to be done. However, I feel that I have made a promising start, especially in light of how numb, confused, shocked, angry, and unstable I felt in the months following my wife’s untimely departure; and my purpose in sharing this with the readers of this book is to provide hope to others who might benefit from my experience. My desire is to help any of you who relate to my experience to know that there are ways you can move on with your life by realizing the power of the unconscious (or subconscious) mind. We can harness that energy for healing instead of permitting subconscious energy to continue hurting us.

The point of the self-analysis and working through grief resolution process I describe in this chapter is to open up a new channel of communication and a dialogue with (in my case) my unconscious mind which contains the parts of me that hold my memories and feelings about my departed wife. Our portal to the “spirit world” can open to the extent to which we believe in the spirit world. But, please recognize that this is not psychic channeling, which I do not personally recommend.

It is important to recognize that the “working through protocol” laid out here is just a guideline for getting through to the parts of yourself and your inner, or spiritual, connections to your departed loved one that remain submerged in your unconscious. This “soul protocol” is meant to be used flexibly as the situation requires. The steps are not written in stone and thus are not meant to be utilized rigidly. Monuments are made of stone.

Experiential processes are built with mind, heart, body, spirit, and soul. The steps laid out in this chapter just constitute a conceptual guideline or a road map.

Later, I plan on expanding my experience into an entire book in order to provide more thorough help for millions of others who may benefit from reading about my own journey through this tragedy.

Cautions…

At the outset of this "Soul Search," it is important to address an important safety issue. In fact, I consulted with a Catholic priest, a Monsignor at my local parish. I asked him about the potential dangers of this process becoming subverted by Satanic entities or wandering spirits looking for a home. He drew the distinction between "conjuring" spirits and "speaking to" the spirit of one's loved one without the intention of bringing her spirit back or "conjuring" her back to earth. The process Roy describes and from which I have proceeded, is not like using a Ouija board or the services of a psychic medium.

Recognize that a psychic "medium" is just what the word "medium" connotes. The "medium" lends him or herself to become the instrument for spirits to communicate with us on the Earthly plane. This is a form of conjuring. In contrast, the "Soul Search" or "Spirit Trek" process of working through that I have been exploring and have written up here is not "conjuring." It is inner work.

The Hunter Spirit Trek model involves psychologically journeying inside oneself to the deepest levels of one's feelings as in hypnotic regression therapy and client-centered parts therapy, and communicating with the parts of one's self that hold impressions and feelings of different parts of one's deceased loved one.

Different people will have their own perspective on this issue. Recognize that my perspective is that one should avoid "conjuring" when doing this process of self-inquiry and self-analysis. I don't dabble in

conjuring and I recommend against it. So, if you believe in going in that direction, that is not what I am talking about here.

I recommend that if you choose to do the type of inner work I shall further describe, you call upon some symbolic source of "inner strength," such as an "inner advisor" or "higher power," and ask for your representation of either to be your guide and protector. If you can access your higher power, he/she/it can provide a source of strength and sanity. Also, recognize that I do not subscribe to the line of thought that a therapist should advocate "absolute truth" when it comes to spiritual matters. As a therapist, we are an "outer guide." Our job is to help our clients find and work with their "inner guide(s)."

Outline of the Working T.H.R.O.U.G.H. Protocol for Complicated Grief

Recognize that "complicated grief" is a term for incomplete bereavement or unresolved grief. As such, it is bound to be present when one has experienced the suicide of a significant other, such as one's spouse, child, or parent.

T – Trance. The first step is to induce hypnotic trance, so you are focused and receptive to communicating with your unconscious mind.

H – Higher power. The second step is to ask for assistance from a "higher power" you believe in (God, Goddess, Yahweh, Holy Spirit, Jesus, Higher Self, Guardian angels, etc.).

R – Review the touchstone memory. The third step is to review your memory of when you found out your loved one was gone, or as in my case, when I found my wife's body.

O – Open up communication with your innermost unconscious feelings. The fourth step is to ask the person whom you lost, as he or she is consciously and unconsciously represented in your inner mind, if he or she is willing to communicate with you. If this part of you (aka the decedent's

“soul” or “spirit”) does not answer, or says “no,” you can still communicate, although for the time being, it might be a one-way communication. However, do not worry whether or not you will be “heard.” You will be heard! Your unconscious mind hears everything! The answers you seek from within will come forth when you are ready to hear them.

U – Unfinished business. The fifth step is to initiate an inner dialogue with your departed loved one. The objective is to resolve your “unfinished business” in a way that makes the most sense for creating lasting peace and acceptance (dare I say love?) between yourself and your representation of your lost loved one residing inside of you. This step is a necessary prerequisite to being able to release your loved one to the universe. Please recognize that when you do not get any response, you need to keep faith. This will enable you to continue your focused inner exploration. Eventually, you will get a response, and it will be real—because it will be coming from your truest innermost feelings.

G – Gratitude. The sixth step is to tell your loved one the most important things you appreciated about his or her when he or she was alive. Also, it is important to tell him or her all the things that you miss about him or her now. This is like “flooding” his or her soul with compliments.

H – Healing. The seventh and final step is to thank your loved one for communicating with you and to ask him or her if the two of you can now part ways (until you meet again) so that each of you can follow the paths you are each destined to be on in peace.

My Case Summary

In the fourteen months after my wife’s death, I found myself on an emotional roller coaster ride. Initially, I felt major shock, pure rage, and some sadness, but mostly rage about what my wife had done. When I discovered her body in our bedroom, I immediately called 911, and a police CSI investigation ensued. As she had used one of my own handguns as the death weapon, I became a person of interest and I was advised by good

friends to hire an attorney to serve as my counsel and as a go-between with the legal system. While the county coroner ruled the death a suicide by a self-inflicted gunshot wound within less than a week, that period of time was one in which I experienced several very strong unpleasant emotions.

First there was rage at my wife for the predicament she catapulted me and our two daughters into. This was closely followed by anxiety about the implications of being considered a "person of interest" or POI. Then, there was guilt about not having done whatever could have been done to prevent her suicide, and shame about having had a wife who felt no other choice than to take her own life. After all, I thought to myself (and still do), what did her suicide say about me as her husband? Finally, I experienced the deepest of sadness about the reality that my wife had "murdered herself" and that she would never be able to live her life again. Meanwhile, the part of me that generates feelings of guilt kept running through my head and heart all of the "mean things" that I had ever said to her over the course of our marriage, especially in the last year of her life.

What S.H.A.L.T. thou do next?

After the funeral, and when the coroners and police investigation was completed, my life was in shambles emotionally. It was difficult to see what life could possibly look like in the future when I felt like I never knew what to do next, as I had so many things to take care of.

I took three weeks off from work with the blessings of my understanding boss. I was buried in estate finance matters that I did not understand, and I felt like I was going to crack. It is indeed unfortunate that, at a time when one is in such major shock and feeling Sad, Hungry (for "TLC"), Angry, Lonely, and Tired (also known by the acronym, "S.H.A.L.T.") after a loved one's untimely death, some people also have to juggle multiple stressors, each of which demand immediate attention.

In my case, in the midst of my struggle to keep my feelings of shock, fear, sadness, anger, loneliness, tiredness, guilt, and shame under control to be able to function, I had to deal with the demands of:

Settling the estate,

Being emotionally present for our daughters who had just lost their mother,

Dealing with a hostile, accusatory, and blaming family member (my brother-in-law),

Returning to work, and

Mourning for my wife.

Needless to say, I had little time or energy left to mourn for my wife. What was needed at this critical time was stability.

My rage was also fueled by the callous indifference of the psychiatrists who had messed up my wife's care. They had not even sent condolences! Yet, they had misdiagnosed her and failed to render the proper care, let alone put into place the proper suicide prevention precautions after they discharged her from an inpatient psychiatric unit prematurely (after only six days) and without any aftercare plan to take effect until twenty-one days after her discharge back home.

Then, there were the medical malpractice attorneys to whom I had sent her inpatient psychiatric medical records for review. Not one agreed to take my proposed malpractice case. By way of explanation, some of these attorneys, the ones who were nice (and professional) enough to get back to me, concluded that even though my wife's psychiatric care had been negligent and below the "standard of care," the projected costs of a malpractice lawsuit outweighed the chances of winning a favorable verdict given the venue of the case.

Needless to say, the future did come, and it is now. I managed somehow to settle all of our estate issues and achieve a measure of relative stability. I cut off all contact with my hostile brother-in-law (my wife's

brother), I dove back into my work, and I proceeded to work on repairing and rebuilding myself emotionally and my relationship with my daughters. We found a good family therapist, each of us found good individual therapists (not an easy task!), and we all became involved in some helpful and some not so helpful grief-after-suicide support groups.

For the record, the American Foundation for Suicide Prevention (AFSP) is the leader in the fight against suicide (www.AFSP.org). The AFSP funds research, creates educational programs, advocates for public policy, and supports survivors of suicide loss through a nationwide network of grassroots support groups. On the other hand, quite remarkably, the same hospital that owns the inpatient psychiatry unit that had dropped the ball on my wife's critical care also dropped the ball on me! I had joined a suicide survivors peer support group sponsored by this hospital. I had bonded with other members of the group who were going through what I was going through. And then, precipitously, the group's two co-leaders asked me to leave the group (after six months of participation) to make room for folks whom they told me were more in need of the group than I was!

In the year following my wife's death, my daughters and I continued to go through emotional roller coaster rides and we often found ourselves arguing and bickering amongst ourselves. This produced more guilt, shame, blame, sadness, and anger.

I began working on healing myself through the use of self-hypnosis and self-analysis, as I have written about in other sources (Eimer, 2001; 2007; Eimer & Torem, 2003; Ewin & Eimer, 2006; Hunter & Eimer, 2012). However, despite my numerous attempts to communicate with my wife's soul or spirit, she would not appear to me—not in trance, nor in my dreams, nor anywhere else. One psychic (yes one of my daughters had a phone session) suggested that she was so angry with me that she just did not want

to talk with me. I pretty much had lost hope; but something then happened that seemed to open a door that held promise for helping me grieve my wife's death.

You may have heard of the saying from actor, director, and producer Kevin Costner's movie "Field of Dreams," "Build it and they will come." There is also the old saying, "When the student is ready, the teacher will appear."

My friend and colleague Roy Hunter asked me to write a chapter for this book on Spiritual Hypnosis. Up until the "eleventh hour," I was not sure I had anything worthwhile to contribute. Then, at the "eleventh hour," I was contacted by a gentleman by the name of Tom Mastbaum, who is known for his work, *EFT with a Guarantee* (http://www.eft-tom.com). I had taken training in EFT (short for the "Emotional Freedom Technique") with its creator, Gary Craig, many years ago. This energy psychology acupressure/tapping methodology was inspired by the seminal work of Roger Callahan, PhD, the founder of "Thought Field Therapy," also known as TFT. Tom, whom I had met at the 2014 annual meeting of the International Medical and Dental Hypnotherapy Association (IMDHA) had refined EFT into a seven-step protocol that he explained could be used by hypnotherapists with hypnosis and without necessarily tapping.

Tom explained to me that he had obtained multiple successes in cases of complicated grief. He offered to work with me over the phone on my complicated grief. We spent about ninety minutes for that EFT phone session. During the session and afterwards, I did notice some shifts in the way I felt about my wife, and also a diminishment in the negative emotional sting of my memory of discovering my wife's body. I felt temporarily jubilant that I felt freer to think about and bring up positive things about my wife, as opposed to being fixated on negative memories loaded with resentment and anger.

This experience motivated me to go back to Roy's "Spirit Trek" protocol. I spent about three hours over a couple of days exploring Roy's Spirit Trek method in self-hypnosis using my method of self-hypnoanalysis with ideomotor finger signaling (Ewin & Eimer, 2006; Hunter & Eimer, 2012). I think I made a few breakthroughs. It is a beginning. As of this writing, there is more work that I need to do. The "Soul Search" process that I stumbled upon and my preliminary results are summarized below.

Also, please recognize that what is written here is the beginning of a working-through process that will require multiple self-hypnosis self-analysis sessions, in conjunction with my working with my excellent therapist.

IMPORTANT: If you are experiencing grief from a recent loss of a loved one, seek proper help from a professional as I have done! While the exercises I describe are helping me, of and by themselves they are not enough to help me adequately heal from my loss.

My initial Soul Journey to Work T.H.R.O.U.G.H. my Grief

T for Trance

My first step in every session has been to enter self-hypnosis and then to ask for permission from my unconscious mind to do this work. I have used the ideomotor signaling (IM) technique explained in Ewin & Eimer (2006) and Hunter and Eimer (2012) to uncover my true feelings about my lost wife, Andrea. Once I receive a "yes" finger signal, the "go ahead signal" from my unconscious, I proceed (partial transcript follows throughout this section) …

ME: Would it be all right for me to work on getting in touch with my true feelings about Andrea?

IM (ideomotor response): *Yes finger lifted*.

H for Higher Power

At this point, I asked for assistance from my “Higher Power.” One should ask one’s “Higher Power” if he or she is willing to protect you, support you, guide you, and take feelings off of your hands that you no longer wish to hold onto, or just cannot contain.

ME: Dear Lord, will you stand by me as I repent to Andrea for all the wrongs I have done her?

IM: YES.

ME: Thank you Dear Lord. And would it be all right for me, at the right time, to communicate with Andrea’s soul?

IM: *My YES finger lifted.*

ME: Dear God, will you protect me and make sure I stay safe?

IM: *My YES finger rose.*

R for Review the “touchstone memory”

The steps as they emerged are as follows:

I reviewed the memory of when I found out my wife was gone. Using my preferred regression technique, I oriented my mind back to the moment I walked into my bedroom and found my wife’s body. I told myself to “Be there.” That wasn’t too hard.

I replayed in my mind what I screamed out loud when I realized my wife was truly gone. I also asked for strength and protection from my Higher Power(s), my Lord Jesus Christ, the soul of my father, Joe, St. Michael the Archangel, and my own inner strength.

I told myself that I shall survive this horror and that I and my daughters (the survivors my wife left behind) will be alright. I told myself I know that I am going to go through a very unpleasant experience. But I have the strength to handle it even though I may not feel as if I do.

I asked my higher power(s) if they had any advice for me at the moment before I embarked on the process.

Then, I asked Andrea if she wished to say anything to me. I told her that whatever she had to tell me, I was willing to hear it. Then, I waited for a signal.

I ran through (re-reviewed) the sequence of events from the beginning (discovering her body) through the end of the scene (at the township police station being interviewed) several times.

I paused and re-reviewed certain parts of the experience where something emotionally "ultra-important" transpired.

My analysis: We need to recognize that this process and experience is not linear, and it is unpredictable. You will not be able to predict what will come up. I couldn't. You will experience yourself being beamed down (or up?) into different experiences at different points in time. This is consistent with how human memory works through associations.

In reviewing the memories, the objective is to relive (on either or both conscious and unconscious levels) the feelings you had when you found out that the death had occurred. When you recognize what you first feel, you can say what you want to say now, and what you would've wanted to say at the time, to the person you lost. If you are holding on to feelings that are toxic for you, ask your "Higher Power" if he will take the burden of those feelings off of you, as you can no longer hold onto them.

Next, notice the second thing you feel. Repeat the above steps, and continue until you've exhausted every feeling that you can recall having had when you found out about the death. Note that because of the emotions that surface, most people may need an objective trained hypnotherapist to facilitate the process.

My partial transcript continues …

ME: Dear Lord, will you permit me to go back to the moment that I discovered Andrea's body?

IM: YES.

ME: Oh my God! Are you really dead? This can't be happening… Why? Why? Please get up, please get up! I'm scared. I'm scared. I'm so sad… how could you do this to yourself? Oh Lord please stand beside me. Call 911. Call 911 now! Oh my God! Oh Lord oh Lord please tell me what should I do, what should I do….

Oh Andrea, dear Andrea, please talk to me! Please tell me something, anything. Give me a signal to let me know you're here.

IM: *No finger signal.*

For several self-hypnosis working through sessions, I found myself being "beamed" into different experiences that took place at different proximate points in time. All of them were related to the aftermath of my wife's suicide. They included (not in temporal sequential order):

My brother-in-law acting out in my kitchen during the time when my daughters and I were "sitting Shiva" in our house. In the Jewish religion, "Shiva" is the period of seven days of formal mourning for the dead, which begins immediately after the funeral.

My brother-in-law and me sitting next to each other in the back of my younger daughter's car.

My brother-in-law taking pictures of our house on his iPhone on the first day of sitting Shiva.

The look on my brother-in-law's best friend's face when he realized what my brother-in-law was doing, and when I asked him to escort my brother-in-law from my house.

Two dear friends of ours on my PC in my home office composing eulogies.

The funeral.

Feeling Andrea's body for any signs of life on the floor next to my bed when I discovered her.

At the funeral, the limo driver's seemingly cold responses to me.

My conferences with the lawyer I had hired to interface with the police investigators.

Being interviewed at our township police station after my wife's body was taken away.

My conversation with a cousin who later gave me the "cold shoulder."

My interactions with a very helpful neighbor who helped coordinate things.

Standing in my bedroom as the CSI folks took it apart.

Watching the professional clean-up crew totally clean and sterilize my bedroom.

Saying Kaddish for my wife (the Jewish mourner's prayer).

Dealing with "Sleepy's-The Mattress Professionals" when I had to buy a new bed.

Picking up my personals at the police station after they had analyzed them in their CSI lab.

Making funeral arrangements.

Picking out a cemetery plot.

Going through the relevant video footage on our home's security cameras and hearing the fatal gunshots.

Sitting with our accountant and advisors to resolve estate matters.

The experience before my wife's suicide of my asking her to go out to breakfast with me and her saying "No." Then my telling her I was going to bring her breakfast. My leaving for breakfast. Having breakfast at the diner. Ordering take-out breakfast for her and bringing it home for her.

Crying with my daughters.

Being yelled at by my brother-in-law.

Meeting with our Rabbi to plan the funeral.

Not being able to feel anything—feeling numb instead.

Multiple situations wherein I felt like my wife's suicide was my fault because I wasn't nice enough to her, I did not do enough to help her get out of her depression; she used my handgun (which was naturally locked up) as the "death weapon," and so on.

O for Opening up communication with my innermost feelings

At this point, I proceeded to ask my wife if she was willing to communicate with me, and got no answer. However, I still spoke to her—it was a one-way "conversation." I persisted, believing, as I still do, that I was being heard. Our unconscious minds hear everything! The answers we seek from within do eventually come forth when we are finally ready to hear them. Some things I explored in communicating with the unconscious parts of my mind that hold my feelings about my wife and her feelings about me included:

Asking Andrea if she is willing to listen to me.

Asking her if she is willing to talk with me.

Asking my higher power to guide me forward in time (age progression) to a point in the future when my wife is ready to speak with me.

Telling my wife how much I miss her and how sad I am that she left us.

Telling my wife I want to release all malice and resentments that I have felt, and that I am willing to own up to those I still harbor.

Telling my wife that I want her to be free to go wherever she needs to go in peace.

The partial transcript continues…

ME: Andrea, I am willing to forgive you for what you've done. Andrea, I release you from this earth and from a conflict that we had together. Andrea, I bless your soul and wish you to be in peace in the arms

of the Lord and to be with the souls of your dad, and your grandmother, your grandfather, and your dog Crystal, and our dogs Oskar, Brooke, and Moses, and my father if that is your wish.

Andrea, is there something you care to say to me?

IM: *No signal.*

ME: Andrea, I want you to be in peace. Andrea, I miss you. Andrea, I am angry at you. Andrea, I feel terribly hurt and guilty. Andrea, I want to know why you did it. Andrea, was there anything we could have done to stop you? Andrea, am I the one that caused you to leave us?

Do you forgive me Andrea?

IM: *Yes signal!*

ME: Will you be my spirit guide?

IM: *I'm not ready to answer that.*

Editor's note: In ideomotor responding, most therapists include a third finger response for questions with the answer of "I don't know" or "I'm not ready to answer that yet."

ME: Will you tell me how I can make amends and repent?

IM: *Yes.*

ME: Will you tell me now?

IM: *No.*

ME: Tell me when you will tell me.

HER (Andrea): In time.

ME: Please tell me what I can start doing differently to make amends and repent.

HER: Stop getting angry at Marisa. Say you're sorry to Marisa tonight. Send her to a support group now. Be kind to your family. Let my life not be in vain. Be a good person. Stop seeking revenge. Be honest and sacrifice for our children. If you do all these things, I will forgive you, and my life will not be in vain.

ME: Andrea, I will do all these things. I will do my best to do all these things. I know I will make mistakes and I will try to pick up from those mistakes.

ME: Please see my father for me and tell him I love him.

HER: Your father loves you. Your father wants you to do good.

ME: Andrea, from now on, I will start thinking of your positives and celebrate your life. I have repeated the same using your stuff we've done all your life, where you came third and fourth and fifth. From now on, you'll come first in my memories.

U for Unfinished business

My mission has been to work through my grief, the loss, and my inner conflict by using "spiritual self-hypnosis" to accomplish the following …

My Primary Objective was to initiate and continue a dialogue with my wife's soul with the goal of settling "unfinished business" in a way that would make the most sense for creating lasting peace for both of us. I am still working on this. In fact, I have just begun. My first goal is to release her soul from any limiting ties that might be binding her to the earthly plane and to the suffering she experienced when she was alive.

My second (and closely related) goal was to release myself from painful and limiting feelings of anger, shame, and guilt. As I continue this process at the time of this writing, I continue to be hopeful that my accomplishment of the above two objectives will enable me to feel appropriate sadness, to recognize my wife's positive qualities, and to share them with our daughters and the world.

My additional concrete and tangible objectives are:

To ask Andrea if she is willing to listen to me tell her how I feel about some very important things about her and me, and to wait for and get her response.

To tell her all the things that I appreciated about her.

As it feels appropriate, I have begun some sessions with the sentence stated to Andrea, *I feel that we never settled … I feel… We never worked out, we never settled….*

To tell my wife what I regret about our abruptly terminated relationship.

To tell her what I wish she and I could have accomplished together.

To acknowledge and tell her what I miss about her, and what I will always miss sharing with her.

To tell her that I wish to work on forgiving her for everything that I blamed her for.

To tell her all the things that I resented and also to tell her that I forgive her for each and every one of those things.

To ask Andrea if she is willing to forgive me for all the wrongs I have done to her, and to tell her that I shall accept her answers and, as indicated, work on making appropriate amends (i.e., repentance) and that I shall repent as is appropriate.

Additionally, I asked my Higher Power to mediate as my Higher Power sees fit to do so. In some instances, my wife's "soul" responded to my questions through my ideomotor finger signals. In other instances, I heard a distant voice and/or saw an image. My partial transcript continues ….

ME: Andrea, when you are ready, will you listen to me when I ask you questions or say my feelings about things that affected you and affect our daughters?

HER: Yes *(in addition to my ideomotor"yes" finger lifting).*

ME: Andrea, I wish we could've had more fun times together. I accept responsibility, Andrea, for all of the "fire" we had. The lack of fun, it was more than half my fault. Please forgive me …

There's this empty pit in my stomach that feels as if my stomach is hollow and empty at times. I can label the feeling as sadness. Sadness that you will never breathe again, eat again, laugh again, cry again, tell stories again, make love again, see your children go out and get married, see your grandchildren, see your parents, relax by the pool, take naps, on and on and on and on.

You certainly succeeded in shutting me out and shutting me off. But did you have to do it by shutting yourself off and shutting yourself out? Did anybody tell you to do this to yourself? Was there a command in your head? Did you hear anybody's voice telling you to end it?

IM: *No definite response. (Actually, I found myself "cycling." This means my "yes" and "no" fingers alternately twitched.)*

ME: For how long were you thinking about doing this? Did the idea come to you a year ago?

IM: No.

Through a series of yes/no questions, the idea apparently originated between 15 to 20 years before she followed through with her suicide. Transcript continues …

ME: Did you end your life because of unbearable pain?

IM: *Yes.*

ME: Did you end your life because you wanted to punish me?

IM: *"I'm not ready to answer finger" twitches.*

ME: Did you think about Allison and Marisa?

IM: *Yes.*

ME: Did you end your life to be with your dad?

IM: *Yes.*

ME: Are you with your dad now?

IM: *Yes.*

ME: Are you with my father?

IM: *Yes.*

ME: Are you with your grandmother or grandfather?

IM: *Yes.*

ME: Did you take Moses (our last surviving seven-and-a-half-year-old miniature schnauzer) up with you?

IM: *Yes.*

ME: Did you call for Moses?

IM: *Yes.*

ME: You now have eternity. Can you forgive me for all the wrongs that I've done to you?

IM: *No answer.*

ME: Will you ever forgive me?

IM: *No answer.*

ME: Have you spoken to God?

IM: *"I'm not ready to answer" finger moves.*

ME: Am I forgivable?

IM: *"I'm not ready to answer" finger moves.*

ME: Can you forgive yourself?

IM: *"I'm not ready to answer" finger moves.*

ME: Is there anything that you can do to make life better for your daughters?

IM: *No answer.*

ME: Is there anything that you can tell me in some way that can make something positive happen from your death?

IM: *Yes.*

ME: Do you want something positive to happen from your death?

IM: *Yes.*

ME: Do you want me and our daughters to learn something from your death?

IM: *Yes.*

ME: Can you tell me what?

IM: *No answer.*

ME: Did you plan on shooting yourself?

IM: *Yes.*

ME: Would you tell me what were you thinking about us moving here?

IM: *Yes.*

ME: Speak it to me.

HER: I hated it. *(NOTE: She had wanted a new house but we moved into an old one. When we lost lots of money on a botched deal for a new house in 1998, she had the first of her many nervous breakdowns.)*

ME: If my gun wasn't accessible to you, would you have used another method?

IM: *No answer.*

ME: Were you taking your pills?

IM: *"No" finger rises.*

ME: Is God going to admit you to Heaven?

IM: *No answer.*

ME: Would you have shot me if I walked in on you before you did it?

IM: *No answer.*

ME: Do you know why you did it?

IM: *"Yes" finger lifts.*

ME: How long had you been thinking about doing it?

HER: Long time.

ME: Did you know you were going to do it before you turned 50?

IM: *"Yes" finger lifts.*

ME: Before you were 40?

IM: *"Yes" finger lifts.*

ME: Did you think of the effects it would have on Marisa and Allison?

IM: *No answer.*

ME: Did you do it to get back at anyone?

IM: *"Yes" finger lifts.*

G for Gratitude

At this point in the process, it is time to tell your loved one the most important things you appreciated (we/are grateful for) about him or her when he or she was alive. Also, it is the right time to tell him or her all the things that you miss about him or her now.

ME: Andrea, I appreciate your dedication, and your giving to us your generosity and your self-sacrifice and your loyalty and your love and most of all, your willingness to tolerate me—one who was so intolerable for all these years. Thank you.

H for Healing

This is the time to thank your loved one for communicating with you, or simply permitting you to communicate your feelings to him or her. It is the time to ask him or her if the two of you can now part ways so that you each can follow your own the path in peace and purity. It is also a process of separating your identity from that of your lost loved one. It is a process of integration, and ultimately healing the grief. There is no timeline as to when this "should" happen. Each of us who have lost someone has a different time table.

This is also the time to tell your loved one that you *release him or her* to go to Heaven with eternal love, in peace and in joy. And also, ask him or her if there is anything that he or she wants from you now, to go on doing while you are here on Earth. My partial transcript continues …

ME: Andrea, will you accept my blessing and my wish for you, that your soul will heal in the Lord's arms?

IM: *No answer.*

ME: Will you bless me so that my soul can heal here on earth so that I can do better from now on?

IM: *Both the "Yes" and "No" fingers move.*

HER: “The sign depends on you and how you behaved in the midst of a fire and in the midst of stress.”

ME: “I am listening.”

HER: “Can you carry the burdens? Do you see what it’s like now to have everything on your shoulders? Are you man enough to carry it?”

ME: “I am man enough to carry it and I shall carry it and I shall do the right thing …Thank you for speaking with me. Thank you, Lord, for helping to make this happen. Andrea, can we communicate again in the future?”

HER: “The answer is clear space in your head…. When you’re ready, I shall appear.”

ME: “Huh?”

HER: “Do yourself in hypnosis in a quiet place and speak to yourself and speak with me and when you want to speak with me, that’s when I shall decide to come and speak with you or not.”

ME: “Thank you, Andrea. And also know that from now on, I shall be thinking of the positives and sharing those things with our daughters as they are so hungry to hear me say positive things in your memory. Thank you, Andrea, thank you, God.”

Additional thoughts to express at the right time:

Tell him or her how you felt when you found out about his or her death or found him or her.

Tell him or her that, even if you can’t feel it fully, that you want to and will forgive him or her for doing what he or she did, which was leaving you in whatever way he or she did.

Acknowledge that he or she did the best that he or she could with what he or she knew at the time.

Resolve to be a better person in your life with other people and to do better in your loved one’s memory for your loved one’s soul and for yours.

Partial transcript continues …

ME: Thank you for communicating with me. Is it alright for each of us, for now, to go our own way and follow the path that we each are on, in peace and Love?

IM: *Yes.*

ME: Thank you. Dear Lord, thank you for helping me. I am grateful. And Andrea, I am grateful for the time we spent together in life. And for your having been here with me and for me. I am truly sorry for all of the times that I didn't say "I love you."

Some Insights

As I move on to the next chapter of my inner spiritual work and the next chapter of my life, there are some insights I shall utilize. I gained some of these insights, and consolidated others, from writing this chapter.

My most remarkable insight is that my experience of writing this chapter helped me to open my heart-mind to my feelings about my wife and myself in relation to her, and that I had unconsciously built a wall around to protect myself from the pain of dealing with these feelings. I still have more work to do to complete my journey past the grief.

Writing about personal "stuff" is a form of self-analysis. When you sit at a computer keyboard and type really fast without editing your thoughts in a stream of consciousness way, this is a form of automatic writing. I experienced this during the different sittings when I wrote different portions of this chapter. Each time I went back and revisited what I wrote, new insights emerged.

Automatic writing is a remarkably fertile way of utilizing ideomotor phenomena to tap into unconscious feelings. I believe this is the reason why I have become a professional writer and find writing such an excellent escape for managing stress. Of course, as I transcribed above, I used ideomotor self-analysis as I began to work my way through this process.

Going through this “working-through” healing process has helped me to recognize that my inner work has just begun in this evolving process of journeying through grief. God certainly works in inscrutable ways.

By combining the tools shared in this chapter with proper grief therapy, I am very optimistic about becoming a stronger person as my soul continues the journey of life beyond grief. Also, as mentioned earlier in this chapter, I plan on expanding my experiences into an entire book because of the need for millions of others to learn how to make a similar journey.

Editor’s Note: References appear at the back of this book rather than in this chapter.

5

Chapter Five — Case Summaries

C. Roy Hunter, DIMDHA, FAPHP

While many of my clients over the years have experienced a planned spiritual hypnosis session, almost as many clients discovered a spiritual realm when experiencing a technique called parts therapy. This technique is based on the concept that we all have various parts of the subconscious (inner child, inner adult, etc.). I learned this technique from Charles Tebbetts, a master hypnosis teacher who pioneered it based on the work of other professionals.

Drs. John and Helen Watkins pioneered a similar technique called *ego state therapy* (Watkins & Watkins, 1997), and eventually asked Gordon Emmerson to continue their work. Emmerson, now the world authority on ego state therapy, claims that ALL of us have anywhere from five to fifteen active ego states that influence us in any given week (Emmerson, 2003). As stated in Chapter One, Emmerson also discovered that everyone seems to have an “inner strength” or “Higher Self” state.

The clients whose traditional sessions evolve into spiritual sessions are those whose subconscious minds refuse to resolve an inner conflict while experiencing parts therapy. If I am unable to successfully mediate between conflicting parts, I often call out that part of the inner mind that is most closely connected to the client’s perception of God, or Higher Power (Heavenly Father, Yahweh, Creator, Divine Source, Holy Spirit, Jesus, Buddha, etc.). When the Higher Power part emerges, resolution usually occurs within minutes.

Some clients know of my work and ask me for a planned spiritual session. I then use a variation of parts therapy and call out only the Higher Power part. This is the process that I call Spirit Trek, and several of these sessions are included in this chapter; however, some case histories of a spiritual nature are completely different. I will start with a client experiencing the Spirit Trek process. Note, however, that the names are changed to protect the identity of the clients.

Which Path?

Pauline benefited greatly from hypnotherapy, and decided to learn how to facilitate hypnotherapy professionally. However, she earned a good income in a sales career, and felt an inner conflict over which path to choose.

She already had several years invested in hypnotherapy on a part-time basis, but invested most of her hypnotherapy income to pay business overhead. Meanwhile, she had over two decades invested in her sales career, and earned a good income because her honesty resulted in many referrals.

While close friends urged her to pursue her dream of becoming a successful hypnotherapist in order to help empower other people, her family urged her to stay in her traditional career where she could depend on a good income as in years past. She had a strong inner conflict over which path to choose.

Pauline asked me to refer to her Higher Power as God. The question she chose to ask God was, “Which career path should I choose?”

After attaining a very deep level of hypnosis, her Higher Power emerged and wanted to be addressed as “Divine Light.” The purpose of Divine Light was to make sure she continued to walk in the Light.

The question she chose was presented to Divine Light, and the response was, “Continue to walk in both paths. You currently need the stability of the income from your full time job, and you can practice hypnotherapy by doing a limited number of sessions per week.”

In a Spirit Trek session, I normally ask both a second and third question. The second question was: “As a result of this information, how can Pauline best benefit in the here and now, or in the coming weeks and months?” Because she could set her own schedule, Divine Light suggested that she could continue to work forty hours weekly in her sales career for the time being, and gradually reduce down to thirty hours per week as her hypnotherapy income increased. When her hypnotherapy income surpassed her sales income, she could then choose whether or not to follow both paths or devote full time energy to hypnotherapy.

The third question was, “What new information, if any, is now permitted regarding your current life path?”

The response resembled the response to the second question, adding that if she trusted God, she could be doing hypnotherapy full time within five years or less.

Pauline left the session quite satisfied, claiming that she had new insights within days after the session. In the months that followed, she was able to earn the same income in her sales job with fewer hours weekly as a result of a higher closing ratio with her customers in her sales career.

Next, let’s look at a session that occurred years ago when I had no intention of it becoming a spiritual hypnosis session.

The Atheist Who Believed in God

One of the most profound sessions I ever facilitated actually happened almost two decades ago, but is worthy of including in this book because the client told me before his first session that he was an atheist.

Don saw me for smoking cessation, but his inner child strongly rejected all the positive suggestions given regarding quitting. He successfully accepted the suggestions for managing stress that I normally give smokers at the second session, and I also attempted to reinforce the positive suggestions from his first visit, but he rejected those again.

When Don came for his third session, he was better able to manage stress, but still smoked like a chimney and felt an inner conflict about it. I chose to use parts therapy to help him resolve the inner conflict. After a brief explanation of the concept of parts and inner conflicts, he was comfortable with the concept of my acting as a mediator between the part of him wanting to smoke and the part wanting to quit.

What started out as a typical parts therapy session suddenly got blocked by a major detour. The two parts of Don refused to listen to each other. I asked for a third part that could provide some suggestions to help the other parts resolve their differences, but the other two parts intimidated all the other parts into silence.

Finally, I decided to ask for a wise part by saying, “There is a part of Don that has his highest and best wisdom, knowledge, understanding, training, and experience. You are an important part of Don, and can also access his best intelligence. It is important for you to come forward and provide some words of wisdom to help bring resolution. Don is willing to listen, and I am willing to listen. When you are willing to communicate, please let us know by moving the YES finger or saying, ‘I am here.'”

When the part came forward, I asked, “What name or title shall I call you?”

The response was, “Call me Higher Self.” This part immediately spoke to both of Don’s parts in conflict, and brought resolution within five minutes. Then, when my client emerged from hypnosis, his first words were, “WOW! I didn’t know I believed in God before today.”

I asked him to explain, and he told me that “Higher Self” was a very spiritual part, proving to him that there is a spiritual realm. He added that there can only be a spiritual realm if there is also a God. Note that he most likely would have emerged from hypnosis if I had asked for a spiritual part; but because *his own mind* tapped into a spiritual realm without any inappropriate leading from me, it was a profound life-changing experience for him.

While Don did quit smoking, in my opinion what is even more significant, is that he entered my office as an admitted atheist, and left my office after the third session stating that he now believed in God.

“Why Was I Born Blind?”

Jim was a devout Christian who spent years wondering why a loving God would let him be born blind. He hinted at occasional anger while pondering that question frequently for most of his life. His session took a different direction, as he emerged in an alleged past life as a castle lord in medieval Europe. At his request, two of his personal friends sat in on the session.

It was fascinating that a man with no memory of vision started describing sitting at a large oak table looking at a bowl of fruit. When I asked what else was happening, he described looking out the window at green rolling hills beyond the moat, as well as an apple tree with ripe red apples falling on the ground because they had not yet been picked.

He continued to describe a large stone fireplace, with “dancing flames of fire” and the head of a buck on the wall above the fireplace.

I then suggested, “Move forward in time to when something very significant happens… BE there!” Jim then said that several of his subjects came to complain that their taxes were too high. He responded to their complaint by raising their taxes rather than reducing them, adding a threat to increase them again if they complained again.

When I took him to the first moment of total peace after the end of that life, his Higher Power spoke directly into his mind with some words of wisdom. Jim said, “My purpose in that life was to learn the difference between being a ruler and being a leader… and I failed miserably. I was blind to the needs of my people, so I chose to be born blind in this life in order to remember that lesson.”

After the session, he was no longer angry at God. He mentioned some verses out of one of the four Gospels when Jesus healed a blind man. The disciples asked whether the man was born blind because of his sins, or his father’s sins. The meaning of those passages became more clear for Jim, and he said that his past life regression answered one of the most important questions of his life.

On a side note, he also stated that it was especially amazing for him to “remember” what it was like to see. For many years he wondered what “dancing flames” looked like, and what red and green looked like. One of his friends witnessing the session asked, “Don’t you dream?”

Jim responded that his dreams were in the four other senses, touch, sound, taste and smell; because he never had a frame of reference to imagine what it would be like to see, he was never even able to imagine what red and green looked like until his past life regression.

Additional comments

Whether or not you believe in past lives, did Jim actually “remember” seeing as he claimed? How can a man who was blind from birth have a hypnotic regression into an alleged past life and actually *remember* seeing? Although it is the author’s opinion that many regressions into alleged past lives can easily be fantasy or false memories (especially when either hypnotist or client make assumptions), we can only wonder what kind of explanation a scientist might offer to a man blind from birth who experiences a visual past life regression… especially with memories of seeing when he had no previous frame of reference.

One of my peers (a skeptic of past lives) stated his belief that the client lied. I wonder what he would have said if he had witnessed the session along with the others, and heard the sincerity in Jim's voice when he expressed his amazement at remembering what it was like to see.

Whether or not he fantasized his visual past life regression, his life improved after he stopped blaming God for his blindness.

Unresolved Past Grief

Ralph was a perfectionist who had feelings of guilt, often feeling unworthy of success and other blessings in life.

During hypnosis, I asked him to go into the feelings that bothered him, and then to go back to the first time he felt those feelings (a technique I occasionally use for hypnotic regression therapy). He went back in his mind to a time during childhood when his brother was killed by a car while riding his bike. His sorrow over losing his brother resulted in his feeling those same emotions again, and he wished that he could have died in his brother's place.

When unresolved past grief surfaces during hypnotherapy, I ask the client to imagine being in the presence of the departed loved one; and then I proceed with role-play dialogue. The technique is called Gestalt therapy, and it is more powerful during hypnosis than it is at a conscious state of mind. Sometimes the client goes back to the last time he or she saw the loved one alive; and sometimes I guide the client to an imaginary peaceful place or sacred place to speak to the spirit or soul of the departed loved one.

Gestalt role-play helped Ralph say goodbye to his brother and heal from many years of grieving. During the role-play, his brother told him that God called him home, but that Ralph still had work to do. Since I knew of this man's Christian beliefs, I enabled him to verbalize his own therapy by asking him what Jesus would want him to do now. I summarized his verbalizing in the form of direct suggestion and concluded the session. He

came to see me two weeks later for some additional issues, and informed me that the session was profoundly beneficial to him. He mailed a letter to me some weeks later, which he said I could quote:

Thank you so very much for the recent work you've done for me in the grief session. I feel I have been able to set at rest my sorrow for not being able to have said goodbye to my younger brother and my father at the time of their deaths. I especially appreciate your sensitivity concerning my religious, or spiritual, preferences – I really felt a burden lifted from my mind. I now feel completely at peace with my brother and my father.

We might ponder the question of whether Ralph really conversed with his late brother's spirit, or whether it was all fantasy that took place only within Ralph's imagination. Regardless of the answer to that question, the value of this session was life-changing. Besides, does it really matter whether it was fantasy or reality when the results are so beneficial?

The Light

Maria is a career woman whose income varied based on performance, and was interested in professional motivation. She came to me years previously for a totally different reason, and enjoyed success.

After making it clear to me that she believed in God, I explained the concept of spiritual hypnosis and offered her a Spirit Trek session. The question she wanted to ask her Higher Power was: *What can I do to receive more prosperity and happiness?*

The response her higher consciousness revealed came from "Angels," messengers from God. The Angels said that their divine purpose was to radiate Divine Light, and they instructed Maria to focus on the Light of God all the time.

I then asked, "As a result of this information, how can Maria benefit in the present, and in the coming days, weeks and months?" The Angels told her to focus on the Light within her, which will brighten her path so that she

may see clearly which decisions to make. While receiving this response, Maria indicated that she saw a light in the shape of a Cross.

The new information regarding her current life purpose was that she should be "Sharing the Light." Before concluding the session, she saw a river, flowing and never-ending, which she believed was the River of Life.

Maria felt inspired at the conclusion of the session. Several weeks later she wrote the following in an email regarding her Spirit Trek session:

I hope you had the best Memorial D ay weekend Rain or Shine! In a perfect world it would be great to have pictures of what came to mind. I can still see so vividly the Angel of light, the Cross of light more like even flames, and the free flowing never ending River of Life.

Manifesting Abundance

Robert requested a spiritual session in order to find out why he continually suffered financial losses. He got frustrated when a wealthy friend criticized him for having a "poverty consciousness" and being unable to "manifest abundance" as his friend seemed to do easily.

Robert wrote the rest of this chapter section in his own words…

I learned about Roy's spiritual hypnosis some years ago; and ongoing financial problems finally motivated me to get some answers that nobody else could provide. This pattern of losing money has plagued me for years, often as a result of a trusted associate blindsiding me in business deals that were presented as "win-win" but in reality were "win-lose" with me on the losing end.

Other people respect my work and respect me personally as well, but I got very tired of criticism from a friend in a position to help me but refused. I have strengths he lacks, and I don't criticize him. My counselor is also well aware of my unexpected financial setbacks, and brags about her ability to "manifest abundance." However, I'm obviously not as good as she is at manifesting abundance. When I try to tell either my friend or my counselor

that their criticism hurts me, they just pile on more criticism for not accepting their advice. Worse, my friend told me that if I were more spiritual, I would be more prosperous…as if prosperity is evidence of spirituality.

My question to my Higher Power was: "Why am I suffering financial setbacks?"

During deep hypnosis, my Higher Power was called out. When asked how he wished to be addressed, I felt this voice speaking through me saying, "I am He who has no name, and He who has many names. I am WhoI am, so you may call me I AM.*"*

The question that plagued me for years was asked, and the response blew my socks off! The "I AM" part told me that my soul volunteered to experience financial challenges for several reasons that would be revealed to me in the future. However, one lesson could be revealed to me now, and it was compassion. The world is bankrupt in compassion, and many people criticize others instead of showing compassion, because it makes them feel better about themselves when they criticize people who do not share their strengths.

Roy's second question was, "As a result of this information, how can you best benefit in the present, or the coming weeks and months?" The God power that spoke through me explained that there are several lessons besides compassion. First, prosperity is NOT a measurement of spirituality. Second, instead of criticizing others who are weak where you are strong, it is more important to have compassion. It is better to be "willing but not able" to help than it is to be "able but not willing" to help; and it is far worse if you criticize someone whom you are able to help.

The third question was: "What new information are you now permitted regarding your life purpose?" The response was, "All will be revealed in due time, including the other reasons your soul chose financial challenges.

Early wealth might have detoured you from your spiritual path; but you already know the importance of compassion. Continue to walk in the Light. Have faith, trust in Me , and all will be revealed in due time."

Since "I AM" had nothing more to say, the session concluded. In the coming weeks, during meditation it became more apparent that I also needed to develop an attitude of gratitude for all the good things in my life. Surprisingly, this made it easier for me to shrug off the criticism from my wealthy friend and my counselor (now my former counselor). I actually feel compassion for their lack of gratitude, as they take credit for their wealth because they believe they deserve it by being spiritual. I wonder whether or not they deserve it; but only God knows for certain.

The Quest for a Book

This session is personal, as I was the client. Before I describe the session, allow me to provide some background information. It involves THIS BOOK!

As I mentioned in the Introduction, I discovered spiritual hypnosis in 1985 when asking the Holy Spirit to assist a devout Christian during a parts therapy session that appeared to have a dead end. However, the Holy Spirit quickly resolved my client's inner conflict within minutes.

As the years passed, I noticed with increasing frequency that it was often necessary to ask a client's Higher Power for assistance, regardless of the client's spiritual beliefs. (For atheists and agnostics who got stuck in a session, I called out their "inner wisdom" instead of a Higher Power.)

Through word of mouth, some clients came to me asking me to help them contact God or their Higher Power to obtain spiritual insight. Because many people complimented me on teaching hypnotherapy with a client-centered approach that was NOT religious, I kept spiritual hypnosis in the

closet. Not only did I avoid mentioning it in workshops and presentations at hypnosis conferences, I never even mentioned it in my professional hypnotherapy certification classes.

During the mid-1990s, I mentioned it privately to a friend of mine who was a psychologist. She immediately responded by urging me to bring spiritual hypnosis out of the closet and write a book about it. As a result of her comments, echoed by her husband who was an ordained minister, I started discussing spiritual hypnosis in my parts therapy workshops.

Several months later, after some prayer and meditation, I sat down one afternoon and spent several hours writing the first two chapters; but when a flash of lightning caused the lights to blink off, I realized that I forgot to save my work.

Some weeks after the above incident I again started on the book, writing two chapters and saving it this time. Then I opened an email attachment that contained a virus, and my hard drive crashed. Unfortunately, my work was saved on my hard drive without being backed up on a diskette … so I put the book on hold for a year.

Eventually I wrote several chapters and saved them both on my hard drive as well as a diskette. Once again a virus crashed my hard drive, so I replaced it. Then, to my surprise, the backup diskette was also damaged, and I was totally unable to recover the lost files.

For the next three years I mentioned the above on Sunday afternoon in my parts therapy workshops, concluding with a demonstration of spiritual hypnosis. In 2003, while I still had the energy to do a session after teaching all day, a participant in my workshop at a hypnosis convention asked me to do a spiritual session with her. When I realized she was truly a sincere woman, I asked her to do a spiritual session for me instead of giving me money. We will call her Sharon.

I explained that I am a very analytical person and requested that she install an *instant trance trigger* in case I popped up out of hypnosis. My request was to know why I kept getting blocked every time I started to write this book.

When Sharon got me deep enough and verified my depth with a technique I taught her in the workshop, she called out my Higher Power. The response to the first question was not what I expected. Many times through the years I have heard vague responses such as *the time is not right yet*, or *all will be revealed in due time*, etc. Instead, my Higher Power part told me to quit dragging my feet and write the parts therapy book first.

I was so surprised that I blurted out loud, "What publisher do I use?"

The immediate response was, "The publisher will come to you."

That response resulted in my popping right out of trance, exclaiming, "Publishers don't come to you unless you are rich and famous. And besides…" Then Sharon proved she was a good listener by activating my *instant trance trigger*, guiding me right back into deep hypnosis. She then asked my Higher Power what I had to do to attract the publisher. My Higher Power part said that I already attracted the publisher.

Sharon asked how soon this would happen, and the response was, "Very soon."

When another question was asked, the response was: "All will be revealed in due time … end of trance."

This session took place on a Thursday evening in August of 2003 at the annual convention of the National Guild of Hypnotists. During lunch on Friday, a woman came to my exhibit table and asked me to autograph a copy of *The Art of Hypnotherapy*. After I signed her book and handed it back to her, she said, "My husband is the national manager for Crown House Publishing in the USA. Would you consider Crown House for your next book?"

Less than twenty-four hours qualifies as “very soon.” In the months that followed, I wrote my parts therapy text for hypnosis professionals with a chapter on spiritual hypnosis. Crown House published it in 2005.

In the years that followed, the process of spiritual hypnosis went by numerous names: spirit-centered hypnosis, spiritual parts therapy, soul-centered hypnotherapy, spiritual journeys, soul-centered trancework, spiritual hypnotherapy, and soul trek. Someone finally gave me the idea to call it Spirit Trek, and that name stuck.

While I still wanted to devote an entire book to the process, I felt I needed to conduct over one hundred sessions and report on the results. Some of my peers urged me to write the book, but nine years passed before Stephanie Rothman gave me the idea of inviting a selected group of dedicated professionals to share their experience and contribute their own chapters based on similar case summaries.

This book is the end result of the Spirit Trek session I experienced a decade ago. Furthermore, I believe that case summaries submitted by a number of hypnotherapists from different parts of the world make this book far more credible than if all the case summaries were submitted by me alone.

Sacred Words in a Sacred Place

Angela is a hypnotherapist who experienced a Spirit Trek session during a parts therapy workshop, in front of a group of her peers. She sent me an email several weeks later to describe the session in her own words …

I promised that I would send you a typed statement of the experience I had at the end of the Parts Therapy Training. You had mentioned that if it was life-changing, I could send it to you and you would use it in your book. Wow! So here it is, from the notes I wrote immediately after the experience.

Usually when I go to my safe, peaceful or quiet place, it is the beach shore, so I was quite surprised to find myself in a beautiful church that I attended as a child. It is truly a sacred place, and I experienced it vividly both visually and kinesthetically.

The question I asked was, "What do I need to do or to know, in order to become my best self?"

My answer was quite moving, and I felt like I was being flooded with information that I sensed was coming from God. It was: Be Holy. Live Holy. Perform in My name. Work and give to others through me. Honor me. I'm giving permission for you to prosper if you do it this way. Be not afraid; I go before you. Put Me first. (There was much more, but I have had difficulty bringing it to my conscious mind.)

The words "Be not afraid" are very meaningful to me because these are the words of which (the new) Saint John Paul II frequently reminded us.

I have been prayerful for many years now; but since that day, the words "Put Me first" and "Work and give to others through me" seem to be imprinted on my brain. I am compelled to think about these words, both in my work and in my interaction with family and friends. Also, I have followed them and feel peaceful within myself. As for prospering, only time will tell, but I do feel content.

As an aside, the week after we completed the training, my not yet two-year old granddaughter was diagnosed with a rare genetic disorder which will affect her quality of life. After the initial shock, the words "Be not afraid" came to me and an instant calm swept over me. I was able to comfort my son and daughter in law in a way that I am sure was made possible by the experience I had at the end of our training.

I feel honored to have learned parts therapy through in-person training with you, Roy. Thank you for the education and experience.

Sincerely, Angela

Divine Source

Darlene wanted to know how she could connect spiritually and use her healing knowledge and skills.

Her Higher Power part most closely connected to Source asked to be called Heather, who also was present in Darlene's life to be her organizer.

When I asked Heather for a response to Darlene's question, the response was simply, "She's too young."

Since that response was a vague mystery and considerably incomplete, I asked for more clarification regarding the significance in the coming days, weeks, and months.

Heather replied, "She has to heal the child. She understands there is a child she doesn't know how to heal … and she doesn't know what happened. There is a part hiding." Nothing further was added until I asked about Darlene's Life Purpose, and the response was simply to *love herself*.

Because of the lack of specific information, I added another question: "Do you have any additional words of love, wisdom, or encouragement before we conclude this session?"

In response to that final question, Heather told Darlene to find a way to nurture the inner child and bring that child out. She also told her not to be afraid and added, "Look for the Light. It's always there. Be assured it's always there."

While the second response provided a little more information than the response to the first question, it still left both of us speculating. Darlene and I both considered a possible future session employing parts therapy to call out the inner child that needs healing. We also suspect that Heather was referring to that same inner child when she said, "She's too young." Perhaps time and meditation may help Darlene attain more insight regarding her messages.

Digression from Regression

Linda came to me requesting a past life regression (PLR), simply out of curiosity. Because there are several explanations besides reincarnation for a PLR, I normally ask my clients to set aside any preconceived opinion about where they might go … because the subconscious can easily fantasize. For example, if someone wants to believe he or she lived in Ancient Egypt, the subconscious is fully capable of fabricating an Egyptian experience during an alleged PLR.

There are several imagery techniques that I commonly use to initiate a PLR. After describing them, the client chooses. Linda chose the imaginary bridge across the river of time. Then, as with other clients, I asked her to allow her Higher Power to take her where she needed to go, setting aside any preconceived opinions.

After guiding her into a deep state of hypnosis, I asked her to imagine walking across the bridge. She suddenly interrupted me saying, “Someone is blocking me ….”

Instead of telling her to go around the person, I asked her WHO was stopping her from crossing; and Linda immediately started crying. She told me it was her father. Then I asked Linda why her father was there, and she said that he wanted to talk to her. From this point the expected PLR session changed into Gestalt therapy with her late father.

Linda’s mother was an abusive spouse and, after her father passed away, Linda became the target of her mother’s abuse. During the Gestalt role play, she cried real tears while complaining to Dad about the abuse she suffered when he left. Then, speaking as Dad, the response was: “I stayed around as long as I could in order to protect you from your mother’s abuse. But when it was my time, God called me home.”

The conversation got very lively from here, with Linda using many tissues for her tears. She was instructed to forgive her mother as her father had done, but her father told her that she should never condone abuse. He also told Linda that he was at peace knowing that she was a good mother

who knew how to raise her own daughter with love and kindness. Dad told her that he was proud of her, and that he would always love her from the other side. He then instructed her to release him and get on with her life.

Many weeks later, Linda returned and enjoyed a successful past life regression. More importantly, however, she told me that she finally came to terms with the loss of her father during her childhood.

About Roy Hunter

I got interested in hypnotherapy in the late 1970s while working as a manager for a major insurance company. My stress went into the stratosphere, resulting in a physician strongly urging me to find ways of managing my stress. A friend recommended hypnotherapy, and my therapist taught me a simple meditation and self-hypnosis technique to stay calm whenever my buttons got pushed.

Two years later, I suffered a back injury with a fractured disc and was told that I would be a chronic pain patient. Hypnosis helped me manage the pain, greatly reducing the severity without the necessity of daily pain medication. I also found that frequent use of the self-hypnosis technique taught me to relax more often and sleep better at night.

All of the above got me seriously interested in learning professional hypnotherapy; so in 1983, I signed up as a student at the Charles Tebbetts Hypnotism Institute in Edmonds, Washington (several miles north of Seattle). At that time I did not yet know that my instructor was the pioneer of client-centered parts therapy, based on the work of Paul Federn.

Four years later, Charles Tebbetts asked me to teach his course in Tacoma and, in the fall of 1987, my first nine-month course in professional hypnosis became available at Tacoma Community College, Department of Continuing Professional Education.

Before his passing in 1992, Tebbetts asked me to continue his work. I wrote two hypnosis texts based on his work to accompany my course, *The Art of Hypnosis* and *The Art of Hypnotherapy*. Those books saw two different publishers and different versions before joining my list of titles carried by Crown House Publishing. Additionally, I have several other published books.

My approach still is (and always has been) to fit the technique to the client rather than vice versa. Additionally, as with Spirit Trek sessions, I always endeavor to work within the belief system of my client.

My website is: www.royhunter.com, and it contains considerable information about hypnosis. You may buy my books either on my website, amazon.com, or directly from my publisher. It is my hope that this book regarding the Spirit Trek process becomes widely available in bookstores as well, and that it helps to change lives for the better.

6

Chapter Six — Case Summaries

Cindy Locher, BCH, and Jody Kimmell, CHt

Comments by Cindy Locher

My own experiences growing up in a spiritual household with a father who practiced hypnotism made me immediately intrigued with the concept of this book when Roy described the project. I have believed in a higher power as the source of constant wisdom and guidance in my life since as long as I can remember. In fact, I remember a time when I was around eight or nine years old when I had experienced a voice of that wisdom telling me I was here on this earth to help others. I remember revealing this to my mother, who seemed a bit shocked or in some way taken aback that I would have such a revelation at that age.

Going back even earlier, one my earliest memories is of being in my bed, just on the twilight of sleep and this benevolent image of a hand coming down from my ceiling area and touching me on the forehead. I have always remembered that event and have often wondered about the source and the meaning of it, and I believe that at those young ages we are naturally, innately more aware and in tune with those voices of wisdom from the spiritual realm. I fear that it is the noise and confusion of the world and the messages we hear growing up, along with the brain's own natural maturation process, that distances so many of us from those messages as we grow older.

So I saw this opportunity to work with others as not just helping them to get in touch with their higher selves, but to really re-establish a communication, a connection that they may have forgotten having in their younger years. I am certain that the higher self, the spiritual connection is

always available to us and that we need merely be open. As I tell so many of my clients, the more you listen, the more you'll hear; and the more you hear, the more you will listen.

So it is with delight that I retell in these pages the experiences of my clients that I had the honor to facilitate as part of this Spirit Trek project.

Some of these sessions were conducted by me, some of them by my partner at ChangeWorks Hypnosis Center, Jody Kimmell, CHt. I will note when the sessions were facilitated by Jody.

Divine Guidance on Life Changes

Mark was at a crossroads in his life when he came to me for this session. He'd been working in his current career for over twenty years but family and life circumstances were causing him to question whether it was time for a change. Consciously, he was leaning towards making a career change and moving to another country, revamping his life entirely, which made some of the messages he received during his Spirit Trek session both a surprise and a revelation.

His higher power, which desired to be referred to as "I Am," indicated that changing his career at this time was not the right path for Mark, that he was following the right path and that more was available to him both in terms of helping others and in terms of his own spiritual fulfillment along this path. While the *"I Am"* presence did not often permit verbal two-way communication and only expressed its answers with ideomotor responses, Mark received considerably more information during the session that he was able to recall and express during the debrief after the session. Some of the verbal messages that flowed through Mark were "let my light shine," "trust," and "expand and explore."

Mark's internal awareness included a strong connection to the *"I Am"* presence, which, during our conversation after the trance work, he reported felt like "light," and a feeling of completeness. He clearly received a

message that he could “write his own ticket,” which for Mark meant: *don’t stop; don’t change your career; whatever you want, you can create it*. He was also told to “stop resisting,” which, upon debrief, he interpreted meant to stop moving around so much—to stop resisting being still, and he was specifically instructed to spend more time in prayer. He really connected with the concept that he needs to get out and explore, to create new connections in his life. He received an image that the rest of his life is like a blank canvas and he simply needs to start painting.

Mark felt that this session truly came at the right time for him. He had been actively trying to determine, from a conscious viewpoint, what direction to take his life in at this time. Given that he had a tendency to keep busy, not spending quiet time listening to his inner wisdom, without the intervention of this session he may have made a considerably different choice. I feel that Mark’s session underscores the importance of taking time out from the noise of the world—both external noise and our own internal noise—in order to “tune in” to that higher source connection and divine guidance.

Guidance from Between Lives

This was an exciting Spirit Trek session for me because the client experienced the life between lives—and prior to this session she didn’t know it existed, yet she described it perfectly!

Carol came to her Spirit Trek session with a very deliberate question. She had a difficult time feeling love for herself and felt that she was protecting herself, even in her dearest relationships. This, as well as occasional bouts of insomnia, had been with her for as long as she could remember. She remembered, even as a child, “pushing people away,” and not being able to develop the friendships that most children have. This problem continued even though she had a fairly stable childhood, living in

the same area despite her parents' divorcing when she was quite young (four to five years old). Carol's question for her Higher Self, whom she called Higher Self, was "Why do I push people away?"

As we moved into the session, Carol got quite deep quite quickly, as evidenced by the change in her breathing and other signs of the hypnotic state. For a moment, I was afraid she was too deep, but then her "I am here" finger lifted ever so slightly from the surface of the chair where her hand was resting. I asked if two way verbal communication would be possible and she whispered "yes," in a barely audible voice.

I had to ask her to repeat almost everything she said, because she was so quiet. When asked for a name, her Higher Self didn't have a way to refer to itself, and reported being in a "white-gray mist." "She," (and I'll use quotations here because I fully got the feeling that the being speaking at this point was without gender), reported her identity or consciousness being "everywhere," as though she were diffused throughout the mist. In other words, she was not in a body. She reported feeling completely comfortable and "resting." She said she "didn't want to leave (the mist), and knew what was coming next." Upon further questioning, it was revealed that her spirit knew that she was going to move into the physical realm soon. Carol's Higher Self allowed her incarnation as Carol to have the knowledge that she was, at the core, more than her current physical self, and that this experience was just one moment in which she had chosen for the development of her soul.

The experience that Carol described matches that of the "bardo" or life between lives, as described below by Joel Whitton, author of *Life Between Life* (1986, Warner Books). What is fascinating is that this woman had never heard of the bardo prior to this session. During the debrief after the session, she was interested to learn that her experience and what she described matched the description of the bardo and that there was a name for it, because she had no prior knowledge of it.

"Life between life is not a fairy tale world, nor is it an atmosphere of free floating cottonwood emptiness. Those who have tasted its richness know that they have visited the ultimate reality, the plan of consciousness from which they embark on successive trials of incarnation and to which they return at the death of the body. The state of meta-consciousness that characterizes the interlifeis one where the individual merges with the quintessence of existence; but, paradoxically, in surrendering his own identity he becomes at the same time, more intensely self-aware" (1986, Whitton & Fisher).

This session, in an elegantly simple way, allowed Carol's mind to reframe everything that had happened to her in this life, as a school or a path to learning; and rather than taking these things personally (which is the embodied ego's reaction), her experience of herself as a spirit being allowed her to identify with the less egoic aspect of her being and "rise above" and beyond those experiences. She expressed afterward feeling "released" from those previous feelings and experiences as though they had been "put in their proper place." Carol said this experience was literally "life-changing."

Be Open to Anything and Attached to Nothing

Gary also had a non-verbal session. Going into the session, Gary had a desire to understand why he was not reaching his potential. His question to his higher power was framed as "What does Gary need to do, know, or understand to reach his full potential?"

Gary's higher power wanted to be referred to as God. Gary had an impression of a big cloud being all around him, and he felt he was totally wrapped up. He had the sensation he was being told something, but there was no hearing associated with it—it was not auditory. It was like it was being "put" up in his head, for him to access, although he did not feel able

to access all of it immediately after the session. He said he felt “lighter” in that area of his mind where he indicated that the information was put, and he also felt less anxious and more mentally alert.

While there wasn’t any auditory message or any visual message that he was consciously aware of, Gary was aware of feeling different and was open to the idea of receiving insight at a later time or that he had been the recipient of new information that would lead to his making different choices, even if he would not become consciously aware of the content of the information. The one message that he was aware of was the instruction to “be open to anything and attached to nothing.”

Should I Be More Optimistic About the Future?

Louise was in her early fifties when we did this session, and found herself feeling increasingly insecure about her future. She had lost both of her parents to cancer when she was only in her twenties, and felt she had seen a lot of “decline”—illness and disease—around her in her life, both in family members, friends, and work associates. As a result, she felt she was overly focused and concerned about her own health, and the health of her family. Her question for her higher power was “Am I more concerned about the future than I need to be?”

Louise’s first message from her higher power was filled with emotion that I initially took as sorrow and possibly fear, but she later communicated to me was a deep sense of relief—of being comforted. The words that came through were, “things seem dark and scary right now, but they’re going to be okay.” She was told, “She doesn’t need to worry so much, so let go and trust. Things will be okay. Take care of herself, and focus on her needs.”

The words coming through from her higher power always referred to Louise in the third person. She was told to “focus on taking care of herself” in the days and weeks to come, by spending time alone. She was advised to “step back, and not worry,” and that “her health will be better than she

thinks, and it will hold out better and longer." She also received the wisdom that "she is stronger than she thinks and has more influence than she thinks."

In her debrief, Louise shared with me that during the session her active mind questioned whether the messages were wishful thinking rather than another voice. But she said, "However, that's not the case," because the messages were different from thoughts that she had before in self- hypnosis. In self-hypnosis her thoughts are always in the first person, and in this experience and in a previous spiritual experience, the thoughts are expressed in the third person. She was left with an overwhelming feeling of reassurance and gratitude.

"I Will Never Smoke Again"

Pete was seeing me for smoking cessation and, while he had been able to quit for a time, he had "poked the dragon" about six months before this session, having a cigarette "just to see if he could have just one." I can tell you that is always a mistake!

Pete truly desired to be a non-smoker, and I had every confidence that he would achieve his goal. He had powerful motivation in his life as he was dating a woman who seemed to be everything he had ever wanted in a woman, and she seemed truly in love with and devoted to him. But it caused her pain to see him smoke, because she feared for his health. Gail was twenty years younger than Pete; but she was already concerned that she wouldn't have enough time with him, and she didn't want to see that time shortened any more by cigarette smoking. Both her motivations in wanting him to quit and her messages to him came from a loving and appropriate, life-affirming place, and he truly wanted to reach his goal for the sake of their time together on this earth.

Pete is a strong Christian, and when I began this session, I did so with the idea of integrating Spirit Trek with a therapeutic result—that of Pete finally becoming a total and permanent non-smoker.

Pete's session took him into the presence of Jesus. For Pete, the experience was multi-sensory. He heard, saw, and even touched Jesus. He truly and honestly believed he had received a vision and a presence through this process and it changed his life. Pete cried in joy during the session and opened his heart to receive messages from his Savior. Jesus did not mince words. He told Pete in no uncertain terms that he was to never touch cigarettes again and that it was an offense to the Lord to defile his body in that way. He gave Pete forgiveness for his actions of the past and at the same time made it absolutely clear that he was accountable and responsible for his actions in the future. Pete emerged from the session physically shaking with the immense power of the experience, feeling bathed in "total love." Also, he was certain that he would never touch another cigarette for as long as he lived. Pete has remained a nonsmoker since that session, which as of the time of this writing has been over a year ago.

Spirit Trek Results in Spontaneous Past Life Regression

Pat desired to understand her lifelong fear of the water. She had grown up in farm country, with no swimming pools or lakes nearby, so she hadn't learned to swim; but also hadn't been exposed to water deeper than a bathtub until she was in her twenties. Her fear went back much farther than that, "… as long as I can remember." Pat had no conscious memories of any traumatic or frightening events with water.

During her Spirit Trek session, therefore, her question was: *What was the cause of this seemingly unfounded fear?* Her fear of the water, while not terribly life-altering, did keep her from enjoying boat cruises and even standing on a dock made her feel uneasy.

It seemed that Pat's session went directly into an unplanned past life regression. As she began reporting the images and feelings she was experiencing, it was clear that she was no longer a middle-aged woman, but a young boy. She reported being about five years old, and Danish. "He" was sitting at the end of a very long dock or pier, all by himself. Peering further and further into the icy cold waters, he lost his balance and fell in. He had not yet learned how to swim, and the water was very deep, very cold, and very choppy. He reported seeing the surface of the water drift upward further and further away, as he sank down … and then he reported he had drowned. There were no feelings of fear … only a very factual-sounding report, as though there was a sense of dissociation, although this was still being seen through the eyes of the boy, or the boy's spirit after his death.

Upon returning from the session, I asked Pat if the thought of water was any less fearful for her now, and she reported feeling more at peace with the whole idea, although she still didn't see herself becoming a water lover.

Guided to "Rediscover" Spiritual Beliefs

Jody Kimmell conducted this Spirit Trek session with a young man named David, who felt he was at a crossroads in his life. While he had attained great success at a young age, David felt spiritually "disconnected" and unfulfilled.

David's higher power indicated its name was Spirit Guide. Although the majority of the session was nonverbal, using ideomotor responses, David was able to articulate the messages from his Spirit Guide after the session. As a result of the session, David felt a calling to explore and "rediscover" American-Indian spiritual beliefs. Even though David was not American-Indian, and had been raised in a traditional Christian home, he strongly felt it was a calling to rediscovery and that, somehow, at least in spirit, he was being directed to return to a "belief home" that, in this life, he

knew very little about. David indicated he felt such a compelling feeling as a result of the Spirit Trek session that, while he had never contemplated the exploration of American-Indian beliefs previously, he said that he would seek out a guide and begin to explore.

“Forgive Yourself to Find Joy”

Jody Kimmell conducted this Spirit Trek session with a woman named Jessie. Jessie felt very lost in her life and was struggling with many different elements: career, relationships, and sense of self. Jessie was very interested in discovering her “rudder;” she hoped to reach an understanding of who she was meant to be in her life, what her purpose was and how to correct course, as she felt that she had somehow taken a wrong turn in life. Jessie was clearly sad and felt a sense of urgency to receive some words of wisdom, comfort or help from a source she could trust.

Jessie had been raised as a Christian and had a strong belief in God as her Higher Power. She had moved away from the denomination she had been involved with as a child, her parent’s church, because she felt that they held too rigid of a belief system and didn’t allow for enough forgiveness and growth, and Jessie had found a church that was more spiritual and less dogmatic in their views, which made her feel more accepted for who she was. And yet she felt like a part of her was not accepting who she was or some choice she had made and it colored her ability to accept herself and live her life in joy.

During her Spirit Trek session, Jessie reached a deep state of hypnosis. Her Higher Power identified itself as “God.” A partial transcript is below:

Jody: “I am speaking directly to the God part of Jessie, her connection to spirit and her Highest Power, the part identifying itself as God. God, Jessie has a question, and she needs your divine wisdom. Jessie’s question is: W*hat does she need to do, know, or understand to feel accepted in her life?*”

Jessie [very softly, very slowly]**:** "Jessie is light and love complete."

After a long pause: "Jessie needs to know the heart of her soul."

Jody: "Thank you. God, how can or should Jessie know the heart of her soul? What can she do to accomplish that?"

Jessie: "Listen." *[pause]* "Give." *[pause]* "Forgive."

Jody: "Thank you, God. Is there more information about listening that can be provided to Jessie at this time? If so, please provide that wisdom now."

Jessie: "Listen to your heart. The reason you fear is because you care."

Jody: Thank you, God. Is there more information about giving that can be provided to Jessie at this time? If so, please provide that wisdom now.

Jessie: "Giving is love."

Jody: Thank you, God. Is there more information about forgiving that can be provided to Jessie at this time? If so, please provide that wisdom now.

Jessie: "Forgive yourself completely, as I have forgiven you. Then your heart will accept love."

Jody: Thank you, God. For what should Jessie forgive herself, if that wisdom is permitted to be communicated now?

[No response.]

Jody: God, can Jessie be given information now about what she should forgive herself for?

[YES finger lifts.]

Jody: Can that information be communicated verbally at this time?

[NO finger lifts.]

Jody: Can that information be communicated directly to Jessie, nonverbally or internally, in a way that she will remember and understand after this session?

[YES finger lifts.]

Jody: Can that be done now?

[YES finger lifts.]

Jody: "Thank you, God. Please indicate by lifting the YES finger, when that information has been communicated to Jessie.

End partial transcript.

After the session in discussion, Jessie preferred not to reveal the information that was disclosed to her nonverbally. However, she was crying tears of joy and repeated several times, "Now it makes sense, now it makes sense." Jessie stated that, because of this session and the communication she received, she felt *clear* and able to accept parts of her life that she had been struggling with in the back of her mind for decades. She had a much calmer, less agitated, and more peaceful demeanor; and she expressed tremendous gratitude for the session as well as the belief that she could now "get on with her life and finally find joy."

It is Safe to Take Risks—Be Not Afraid

Joe came to see Jody, not for Spirit Trek, but for help in achieving success in his life. During the course of their work together, Jody felt that a Spirit Trek session would help further Joe's work to discover why he was reluctant to take risks. Joe knew he was intelligent, and felt he had a lot more potential than he was using in this life. Something always "held him back," and he truly believed he had said no to a number of opportunities in his life that would have not only created greater wealth, but greater satisfaction, a greater sense of self and purpose, and would have really benefited other people as well. But something inside of him always made him say "no" and take the safe path, which meant that he hadn't really experienced a lot of change or forward progress in his life.

Coming from a Christian background, Joe was open to the idea of connecting to God or Jesus or the Holy Spirit. He easily went into hypnosis, and his question was, "What do I need to do to overcome the fear and reach

my potential?"

In hypnosis, Joe's Higher Power identified with the name "Holy Spirit." The Holy Spirit answered Joe's question by saying, "Let your light shine." Joe wanted to understand how (Joe is an analytical) and he was shown an image of his entire life, like "a panoramic painting." In this image, Joe saw, in a way that he could not translate to words, the image of himself saying *yes* and taking action, and saw many people being helped. He was given the wordless message that it's okay and safe to take risks —"That that is what this life is for. Be not afraid."

When asked if there was additional information that Joe was allowed to have revealed to him at this time, the Holy Spirit said, "Know that I am with you always and do not be afraid."

Upon debrief, Joe felt that he now had "received permission" to take risks and reach further. While he did not expect everything to be without effort or mistakes, he knew that if he took action out of the right place in his heart, in the end it would benefit both himself and others. He left the session upbeat and looking forward to taking action.

Always Know That You Are Loved

Brian came to his Spirit Trek session with Jody looking for answers to why he felt unable to connect in life. He reported feeling "detached" from other people and said he had "lost his ability to have empathy." He had been to his doctor and had been put on anti-depressants, but they were not creating the positive change as hoped. In fact, quite the opposite … rather than lifting his spirits and allowing him to feel more connected, Brian thought that he was feeling even more detached and distant, as though his "ability to feel was being drained away."

Interestingly, Brian did not have a defined idea of religion or spirituality. He vaguely believed that there was "something more," but did not have a well-formed idea of what that was for him. In the hypnotic state,

Brian became very talkative, almost ebullient—his affect changed a lot, from flat and non-expressive, to giggling and joyful. He reported that the being that was expressing itself was Brian's Higher Self and that he should be called "All."

"All" was Brian's experience of God, he reported after the session, "knowing and being filled with the most intense and all-surrounding sense of love and connectedness," that he had ever felt in his life. Brian said that it "filled up the parts of him that had been empty."

Brian's main question to All was *why he felt so disconnected to others and without love*. All's response was "disconnection from source." Upon further questioning, All said, "Brian needs to be connected to his source of love."

Brian was still struggling with what that meant and interjected, "Yeah, but I've been trying to do that, so how?"—expressing the frustration that he was feeling as Brian.

"Spend time with me," was the response. All also said, "I am love," and "love is the only energy." Brian, whose background is in engineering, after the session reported the idea that this meant that, like cold is the absence of heat, detachment or evil are degrees of the absence of love, and are not really energies in and of themselves.

Brian was smiling and happy after the session and said that he "had some ideas," about how to spend time with All; and that now that he made that connection he would be able to continue it and deepen it through prayer, meditation, and personal discovery.

On The Honor of Being Present for Lessons from a Higher Realm

This is a great place to end our chapter on our Spirit Trek experiences, with the message that "Love is the only energy." Between the two of us, we have conducted many Spirit Trek sessions, and we are ever-grateful for the opportunity to bring this wisdom and love into people's lives, playing our

little role in creating experiences that are truly life-changing. We are also grateful for the opportunity to share these experiences with you, dear reader, in the hopes that you will find truth and wisdom through these reports.

Light & Love,

Cindy Locher & Jody Kimmell

About Cindy Locher , BCH, and Jody Kimmell , CHt

As the daughter of a hypnotist, Cindy experienced hypnosis many times growing up for various purposes. After pursuing a career as a corporate trainer for Fortune 500 companies, Cindy had an undeniable message that she needed to start her own business in hypnotherapy. This seemed connected to a desire that was expressed at an early age to "help others." In 2007 after receiving training from the Hypnosis Motivation Institute, Cindy founded ChangeWorks Hypnosis Center in Apple Valley, Minnesota. In 2010, she was joined in that venture by Jody Kimmell, CHt; and in 2014, the Midwest Hypnotherapy Academy was formed.

Jody Kimmell, CHt, graduated from the Hypnotherapy Academy of America in Santa Fe, New Mexico, and specializes in training and in working with children and adults with autism, using hypnosis. The center and school are now in a 1700 square-foot facility, still in Apple Valley, Minnesota, where Cindy and Jody see clients and train new hypnotherapists.

Cindy is the author of several books including *Mastering the Art of Success*, with co-authors Jack Canfield and Mark Victor Hansen, and *Creating Resilience: Hypnosis for Ego Strengthening*, her first book of hypnosis scripts. Cindy and Jody can be found online at www.MinnesotaHypnosis.com and www.MidwestHypnotherapyAcademy.com, and produce a weekly radio show, "The Hypnotic Radio Hour," that is syndicated in 135 countries on the DreamVisions 7 Radio Network.

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Chapter Seven — Case Summaries

Claudia Klein CHT (nm) SAIH, CPTF, CPTT, NLP, HNLP

Few have the opportunity to look behind the “veil of forgetfulness”—to visit existences and realms that offer understanding to life on earth.

Cultures, traditions, religions, movements, and philosophers have offered us answers ever since humans had the ability to contemplate. Still today, many cling to explanations, which might unravel the mystery of life, to make sense of the senseless, to provide strength in times of desperation, or to offer meaning to our living beyond the physical experience. How much truth do these manmade explanations hold? It seems that more and more people find shallowness it what served generations before and the yearning to understand consciousness and our place within appears wherever we look once this is part of our journey. We need new, genuine ways to realize our authenticity.

The experience of “feeling disconnected,” sensing an “emptiness” or that there “should be more to life” than the materialistic orientation we live in, is driving people to search for help through various alternative means. Oftentimes, non-ordinary states of consciousness are part of the effort to bring relief and/or healing. Hypnosis offers a natural shortcut to most of these practices.

I feel immensely privileged to continue witnessing episodes of openings into this mystery. This natural state of hypnosis offers a portal into an understanding that exceeds conscious thought, disclosing the truth we are searching for. My role is merely that of a guide, careful not to lead my clients with preconceived ideas. This position allows me to compare experiences of my clients and the common characteristics appear like

puzzle pieces to a greater understanding. The information contained in these pages comes from such deep understanding of my clients. It offers the reader information from which one can come to own conclusions.

I come more and more to the understanding that many of the “issues” can be mere manifestations of much more complex, deeply entrenched and oftentimes subconscious disharmonies, conditions that trouble us are actually stages of our transformation, divine reminders to align with who we really are.

Attaining a deep awareness, appreciation, and understanding of our predicaments allow some symptoms to diminish or disappear completely, as if they were created to give us a “wake-up call.”

When we start to align with our truth or purpose, we progress on many levels and can feel an overall renewed enthusiasm for life, which empowers us to make amendments and changes within our biology, thinking, habits, and lifestyle so we can claim back our life force, which is nourishing and gives meaning to human existence.

I hope that the following authentic case studies will be inspiring to the reader.

To avoid mindreading, assumptions, and personal interpretations, I have asked my clients who freely participated in this research initiated by Roy Hunter, to provide me with their motivation and intent prior to the session, a brief summary of this experience and how this has impacted them after a month.

Spiritual Journeys may not be for everyone, but those who feel drawn to it may be in for very fulfilling insights indeed.

Claudia Klein

Where Does Clairvoyant Ability Come From?

Shivani (32, female) is of Indian descent. She has already developed the ability to communicate and speak to people who have passed on and to guides. When she came for her spiritual session, her objective was to expand on this ability and ideally get an understanding where her ability comes from, whether she was incarnated with this gift and whether she will reach a greater understanding and depths of the spiritual realm.

Session:

The first part that emerged was SOUL. SOUL confirmed that she is on the right track, that she must find a place in her new home to meditate and pray. Since my client wanted to know whether she incarnated with her ability to do readings, I asked SOUL whether my client would have the right to know whether she has lived with these abilities before. This resulted in a short, very intense non-verbal overview over many of my client's lifetimes during which she observed herself using these skills. She only

explained this after the session, also that SOUL revealed that there is a shift in consciousness on many levels and that the involvement of the individual, including my client, is not always easy, that, if it were easy, there would be no learning.

As a facilitator, I deeply appreciated this input but felt that her conscious mind may not be entirely satisfied. Therefore, I called out another part that may be able to contribute. As a second, ARCHANGEL MICHAEL emerged. He confirmed that he is helping her with her psychic readings.

I still felt that my client's questions were not answered to her satisfaction. The next part that emerged when I called it out was MYSTERIOUS. MYSTERIOUS wanted to let my client know of its presence but was not willing to give specific details so it could remain mysterious. Perhaps, and this is my interpretation, MYSTERIOUS kept her on the path through curiosity. MYSTERIOUS told us that it will reveal detail when Shivani is ready.

Still, with little practical information, the next part wanting to contribute emerged with the title "MANY NAMES" and claimed to be a part of another realm which Shivani later described as "light." Again, it was confirmed that she is on the right track but needs patience. When asked what she could do to develop more patience, it was said that she already knows.

All parts that came through were hugely spiritual, confirming, and supporting; but, in an effort to find real practical answers, we did call out another part that would be willing to contribute. This time ARCHANGEL GABRIEL revealed that her baby is coming soon and that he (the baby) will have the same abilities. Shivani (she was not pregnant at time of the session) needs to look after herself and there is a skin condition she needs to attend to before receiving the child.

I confirmed again that all that has been revealed has been communicated to my client's conscious mind where permissible. As a facilitator, I did integrate after each part had its say and, before concluding the session, I once again gave opportunity for another part to contribute. This time EARTH PROTECTOR emerged and exposed amongst other things that the Americans will use some metal or chemical, which has similar devastating effects like a nuclear explosion. This should not concern her too much and is still in the future. EARTH PROTECTION just wanted her to know and confirmed that she and her not-yet conceived baby will be safe in South Africa. After renewed integration, I did a progression on how this information would affect. My client expressed that she felt liberated, free, content, and living her purpose.

Debriefing

The client's words were, "Life changing," and she was surprised that, although she had the connection to SOUL and ARCHANGEL MICHAEL before, she was pleasantly surprised of the information received from the other parts. She seems especially pleased, having had flashbacks on numerous lifetimes where she displayed similar abilities. Having recently found her soulmate and relocating with her partner to a new home, she was also pleased to know that they will be having a baby, which she also took as a sign that this is indeed the right relationship for her.

Shivani's brief summary after the session

I have had such a beautiful session with Claudia. I feel so energized and happy and a sense of purity all over me.

My experience was very interesting. I communicated with energies, some very familiar to me and others new to me. It was amazing putting all the messages together and kind of realizing what my intuition was telling me all along about the guidance I received. I feel blessed to have experienced a deeper realm than I have previously experienced and I feel excited and a newfound bliss having gone through this session.

I feel like I finally have closed a circle of questions I have had and now have a better understanding of my purpose here.

The question of where my clairvoyance originated became very clear to me when my “SOUL” took me through all the lifetimes I have had this ability. The lives were flashes of different things where I was a teacher, in the roman ages, sitting on the side of the street doing psychic readings, etc. All felt very familiar. That was a great to see. It was truly a “sinking into my reality,” so to speak, and my true life’s purpose here.

The way the session worked was brilliant in bringing in different parts, as there was a lot of messages and communication through the session. I encountered a couple of higher beings with different messages for me and my life. It was not overwhelming but very comforting and it humbled me even more.

In addition, to get the message that I am almost “home” makes me feel like dedicating my life to achieving that. I am definitely going to take the guidance that I need to pray and meditate daily.

I can feel that I have shifted from this already, looking forward to a month from now to give you feedback on the changes that have taken place.

Shivani’s summary one month after the session

Having just moved to Cape Town a few days before the session, I was in two minds about which direction my life would go in terms of work.

I was considering taking up a full time job, doing my readings on the side as it is my passion and path, and I was just starting it up.

It turned out that, after the session, I seemed to find a voice or an expression of words, which in the past I have had problems expressing. I feel completely changed for the better in a sense that my path has just opened up for me. Two days after the session I woke up and was compelled to create a Facebook page and come up with a name for my business, which

I felt was a channeled name from my guides. Since creating this page, the flow of reading requests has increased beyond my expectation! So I am following my purpose (readings) full time.

I feel I can spiritually express and channel messages and freely share it with people on the page. I had a block of words in a way in the past and I feel the session just opened this up dramatically for me.

I was also diagnosed as having a thyroid problem and an autoimmune disease, which I knew, came from suppressing my voice.

I was dealing with these issues for nine months and could not get a hold of this disease. I realized that I have been suppressing and not living in my truth. This session, I feel, has sped up my spiritual progress and purpose here. I have such peace and happiness in my life after the session and, of course, from living in my truth that I feel like a totally different person.

The guides I communicated with in my session have now become a daily guidance for me and I can feel them around more than I did in the past. I know that they are with me through every reading that I do and I am totally guided and protected. I definitely feel like I am living through guidance rather than my own mind decisions.

In terms of daily prayer and meditation, I have started doing this and I have created a room in my house dedicated to my readings, prayer, and meditation—my sanctuary.

The way this session has impacted my future I feel is that I have a clear direction and confidence in myself and of my purpose here. I feel this is just the beginning and there are more great things to come.

I am constantly learning and definitely a vessel to the spirit world in terms of the way forward in helping people heal and helping them get a better understanding of their spiritual path here.

—Shivani

Note: Extracts of this session with Shivani are available on my YouTube Channel titled “Spiritual Hypnotherapy.”

Meeting My Higher Self

Rose (60, female) has a Christian background but is open to a broader spectrum to embrace spiritual awakening. She said that she has had the most amazing spiritual journey for the last four years in particular. She has been a seeker for as long as she can recall; a medical intuitive called her once “a monk without a monastery.” Yet her highly analytical nature lets her doubt her intuitive abilities and any input from her Higher Self.

Rose has, apart from one preparation session, no experience with hypnosis and a thorough pre-talk seemed necessary. She stated that she would have a sense of achievement by way of attaining a state of peace and certainty, especially in business. She is meditating on a regular level, connects with Angels and shyly reports to have had an experience connecting with Archangel Michael. She wants to know in terms of her intention: “Am I living my purpose right now?”

Session

A surprisingly deep trance state was achieved easily and the client was very demonstrative and verbal right from the beginning. She easily accessed her safe space, readily protected it, and indicated the right trance depth to continue with the objective to call out a part of her that is most closely connected to her Higher Self. The part emerged and named itself ROSE.

ROSE is there to guide the client. She is in her thoughts and dreams every day and keeps the client on her path. My client Rose has a purpose she only begins to understand now. Up to now, she only got a glimpse of her potential, but ROSE is there to help her to unfold this. ROSE is fueling her fire and has fun doing it.

ROSE said, “*We play together—I am unfolding this for her as she likes to learn. I am helping her to stand in the power she has been given. That is why we gave her the Queen Archetype. She reaches out to other people*

through her wisdom. Her destiny is beauty and her real name is Rosemary which means refresh—revitalize, beautifying the lives of others.

"Just ask and you will receive. It is necessary to speak to the Angels and she will trust them more and more. She dreams, but does not have the understanding. She needs to start writing for confirmation. She also likes to be playful—the client knows when she has the fun factor in her life, not hard work. This will give her great excitement."

I asked whether we are permitted to get some advice for the daughter (which seemed important to Rose during the pre-talk), *"She needs to relax and she needs to speak the words of wisdom to her daughter. She needs to meditate more and learn the Tarot. I will teach her the Tarot so that she will not have to refer to the book anymore."*

I thanked that part, integrating it and, when I politely inquired whether there might be another part that has something constructive to contribute, TIGGER emerged. TIGGER revealed itself as the fun-loving aspect, which was beautifully expressed in my client's facial expression. TIGGER suggested more play time with the grandchild because they do have a special connection. TIGGER is playful and tickles the client's humor.

When I asked the part to communicate the essence of TIGGER to the conscious mind of my client and whether we are permitted to receiving practical advice, Rose was told to start going to the theatre and the ballet. TIGGER also stated: *"I be with you for this lifetime and forever,"* and closed the communication by saying: *"I am done."*

Integrating this part into harmony and giving the client the opportunity for further revelation, brought out the part of REBECCA who had all the answers on the business level. The client expressed during the pre-talk that although she started a business, entrepreneurial skills do not come easy to her. However, the part REBECCA disagreed, stating that she has all that is needed and continued to give detailed Information, which was very relevant when compared to the information given during the pre-talk.

I felt compelled to ask how my client would know when she has the support of this part. Again, there was an elaborate verbal expression of the process. *"She has the wisdom that she does not even understand, the summary of which is: when you hear me say the words DO IT, then you know it's me speaking and you are on the right path."*

Sensing that my client's intent was fulfilled, I asked her whether she feels that she had gotten what she came for, which she confirmed. Going forward into progression, exercising what the client had learned during the session, Rose felt complete, excited, exhilarated, and blessed, accompanied by a really satisfied facial expression.

Trance termination was slow, on purpose, because this was only the client's second hypnotic experience. Telling her to remember what she wanted to remember and to consider leaving behind that which is no longer needed. She easily emerged from trance, stretched on gaining normal social awareness and at first seemed a little overwhelmed by the experience in a positive way.

Rose's not-so-brief summary after the session

It was so awesome. It was above and beyond my expectations. It was so surreal – felt like I had relocated my spirit into another realm – where I had no sense of space and time – connected only to your voice (the facilitator) and my Higher Self. Sjoe!

Meeting my Higher Self, facilitated by Claudia Klein: The most surreal experience I have ever had in my sixty years of this lifetime.

The trance was so deep, looking back it felt as if I had transcended time and space I was in a space where there no sense of time and space—just Presence! A comfortable, safe, and familiar space. A space where I belonged and was so at peace. I was only aware of Claudia's reassuring and gentle voice, as that go-between who was indeed guiding the process with great caring and gentleness of spirit.

There was a time in the early stages of the journey that I had to bring a mentor, companion or someone special along with me. I immediately choose to include my “wise old man- wizard” in this journey. He is very often my mentor that I go to during meditation. We meet right at the top of the mountain at his cave where he normally waits for me to join him. We often just sit together in an easy silence. While on this trance journey of discovery, once he stood behind me, I felt even safer and comforted. I remember being prompted to create a bubble of safety and protection around me. Not too sure if this was before or after my Wise Old Man joined me. But when it came to the place when I had to look around and tune into my surroundings by means of my senses, everything seemed to center on a rose—the touch was that of velvet—like the soft, smooth depth of a rose petal. The smell was the fragrance of a rose, like the one I grow in my garden—strong and unique. The color was that of soft peach. But the most amazing thing was that I was sitting slap bang in the center of this gorgeous rose, totally enveloped by it. And that was me—my Higher Self. As I just gave myself over to being immersed into this rose, I felt completely content, relaxed, and at home, delighted as well.

The one thing that stood out for me, of which I was aware of at the time, was that I found myself slightly ahead of Claudia. I was doing the smell and tactile thing a good few seconds ahead of her guidance. By the time she prompted the application of these senses, I had already stepped into that place. It was a bit weird but there you have it. It was only during this time that this sort of action replay was happening. (For want of a better phrase).

From recollection, what followed was the confirmation of the Presence of my Higher Self. Claudia asked if she was present—confirmed and then after a greeting, she introduced herself as ROSE. I wish I could remember

word for word what ROSE had to say, but these are some of the things I recall. I do not want to make up anything, or embellish it, but I trust that ROSE is going to help me tell what needs to be told.

She is the wise one—she has gained wisdom over many lifetimes. She made mention of the fact that I have always asked for wisdom. That I had this desire for wisdom. Spoke of my name being Rose because this life is all about the unfolding of wisdom like a rosebud unfolds to turn into a beautiful rose, emitting a strong fragrance and velvet touch. That beauty is the word for this lifetime—the spreading of beauty. That this is achieved by using the talents and gifts that I have been given.

The practical application of these gifts is to take people to a place where they see the beauty of life and, in particular, to show an appreciation of the beauty in life in their surroundings—their personal space. It is like developing an appreciation for theses interior spaces. And in so doing, a shift is facilitated. There was a confirmation of my Queen archetype. Hence the name of my business “Design Monarchy”! As if it is not by chance that this company name was selected. There was talk of empowering others through my work, as well as bringing and including people into the “fold.”

She referred to the fact that my name is actually Rosemary. The meaning of that name being “Dew of the Sea” (actually marine mist). A mist, which brings in freshness that invigorates.

There was quite a bit of talk about my intuition. That my intuition is fine-tuned and I need to step into it. Claudia asked how her client would know that ROSE is communicating with and to her—to which ROSE responded that she is there speaking to me through my thoughts, dreams, and my writing. That I need to write down what comes to me—journal and write. (How reassuring is that!!!) Also, that as confirmation of ROSE’s communication with me, I would know peace—within my solar plexus—and contentment.

Claudia also asked ROSE about the situation with my daughter and her family—all this stuff and trauma that she is experiencing. ROSE went onto to say that Claire (my daughter), like me, has to go through it all for her to step into her purpose as a powerful woman. She will have to go through this fire to come out purified.

Claudia also asked ROSE if the lower back injury/pain I am experiencing had any significance attached to it—any emotional stuff that I might need to hear about. ROSE's reply was a negative—no particular issue attached to the back pain, purely physical.

While ROSE was speaking, there were times when I was consciously thinking about what was being said like "but this I know—this is nothing new to me." I was wondering whether in fact it was me saying this stuff rather than ROSE. As if I was telling my own story here! Yet, I have come to realise that this just proves that she and I are one. She is me and I am her. She is my Higher Self, yet I am totally one with her. And she has made herself known through thoughts, and gut feelings, and dreams in the past. Her thoughts are my thoughts and vice versa. That when I think that my thoughts are merely my thoughts (and doubt them as being intuitive), that could not be further from the truth. In fact, truth is, I am so in touch with my Higher Self (ROSE), so integrated are we, that there is no distinction or separation at all! This only means that all this wisdom that she spoke of is available and accessible to me at any given moment. It means that I am actually living out my higher purpose. Meeting up with ROSE was like listening to an echo of me. It is something that gives me such a sense of security and pleasure. This reality of my being as I AM, an eternal being—it feels like I can touch and feel, sense and hold it. It brings immense comfort to me. I do not feel alone or abandoned. ROSE has made it real to me. (It might be difficult for the reader to get what I am saying—possibly sounds like gobbly-di-gook.)

Post Script—this came while writing about Rebecca—when I had to hit that “pause” button since it felt my mind was having its own Big Bang experience….

(ROSE seems to be the creative force within. Yet it is not just about being creative or a creative. No, rather, she seems to hold that creativity completely within the power of wisdom. They are not mutually exclusive of each other. They are a very powerful combination. In fact, as I write now—ROSE is telling me that this combined and very powerful force is what I am afraid of releasing into the world. Because when it is set free completely, it will be mind-blowing indeed. (REBECCA used that same term actually). She says it scares me since I know that it exists and have to date chosen to “sit on it / conceal it,” deny its presence by thinking less of myself. It will rock my world and the world around me. The energy of it will reverberate so powerfully, that it will not just have a ripple effect—it will have a wave effect …. Okay ROSE—because I accept that you are speaking, I will say what you are saying – Tsunami!

And I need to begin preparing myself to do just this. She will guide me as to how to go about this work of preparation and acceptance (which she says is in fact the first step). I am to take it seriously and not negate the importance of it by pushing it to the back of my mind. I must let it stay with me at all times. Wow—Thanks ROSE. If I may say so with all due respect —you rock Dahl!)

When it seemed that ROSE had said what she wanted to bring across, we said thanks and goodbye.

Claudia asked for permission to explore further parts of my being, guided me to scan for other parts, and up went the right hand index finger. And lo and behold, TIGGER introduced herself. Boy did she surprise me with her name. I am sure she was giggling as she introduced herself. She is the light-hearted one that brings joy and laughter to help me relax and chill back. She is the one that brings balance to my life—the other side of

seriousness. She is all about taking me to the place of fun and pleasure. She is the outgoing and enchanting one. Yet, in this role that she has, she brings an immense amount of comfort to me and to those around me.

She encouraged me to go after the arts and crafts more—go to the theatre—ballet and other. Go to shows. Go have fun and let go. Go have more fun.

Then she spoke of Allegra (granddaughter) and I being so alike and that is why I enjoy Allegra so much. I need to go out with her and have more fun, let go of inhibition and just be! Go dance with Allegra and like Allegra. It is attractive to others and encourages them to do the same. Go live life a bit on the fun side.

While TIGGER was on the stage, which it seems she enjoys, I felt a deep sense of warmth and pleasure. I felt like I could not stop myself from smiling— just smiling in acknowledgement of her presence. The picture of the cartoon character, the little boy Calvin and his soft toy tiger, Hobbes immediately came to mind when she introduced herself. I kind of saw her as my Hobbes whom Calvin turned into his imaginary best buddy and confidant. They got up to all sorts of mischief together. Despite the fact that she came as a complete surprise to me, I feel at one with her as well. I enjoyed her so much. I was left with a sense of freedom, innocence, and wholeness in her presence. I wanted to call her “Tickling Tigger.” Then, we said goodbye to her as well. But I am so grateful for Tigger. She completes me.

However, after Claudia once again got permission to go further and I did my scanning, REBECCA emerged. REBECCA—really!! I was not expecting that name to emerge. In fact, I probably had no particular expectations of names at all. But REBECCA is not even a name I would associate with myself. The name Ruth would have taken me less by Surprise. She, as it turns out, is the Entrepreneur. More surprise! She is that one who is driving the business from within, who gets involved in all

matters business-related. (Mind you, note that she used the term Entrepreneur and not business person! Or any other title—but Entrepreneur.)

I have to stop writing for a while … why—because this is once again blowing my mind. I feel like I am having my own continuous Big Bang. An explosion so deep and vast, which continues to expand, increases and evolves as I write. The realization of the full extent of what happened on that Lazy Boy chair, in that trance, is just hitting me again while recalling and writing. I am totally awe struck again.

Back to REBECCA—Claudia put it to her that her client (me) did not think that I was a born entrepreneur. Would that be the case? Rebecca's reply was this: She is a natural born entrepreneur. She has been there all along, waiting to come out of the wings (my interpretation). I have all that it takes to build this sustainable and successful business. I just did not know it. I am going to achieve my business goals of building the business as described earlier.

She brought up the issue that, for me, the journey of the Entrepreneur is all about learning, since I love to learn. Born student of life. Everything in my life is about 'unfolding'—the opening up of knowledge and understanding. Much like a rosebud that is very tight and closed to start with, begins to gradually unfold. Petal by petal until the beautiful rose has opened up entirely. That is the picture I saw her painting and at the same time she demonstrated it by using her hands. That was amazing. (Postscript from REBECCA here—that is why the fragrance of the rose right at the start was so powerful. We are at that place right now!) She is going to take me on this journey and teach me, and it will be mind-blowing. She will blow my mind (no problem REBECCA—you are doing that already!). That legacy that I want to build for my family to inherit—it's going to happen. It seems like business success is completely and utterly on the cards for me.

Claudia asked Rebecca how I would intuitively know when it is her at work in terms of leading me. And to this, Rebecca replied: I will just say "Do It." When she hears the words: "Do it!"

To me, Rebecca came across as the thoughtful one, the thinker. A thinker that has a fair amount of cheekiness. Astute, assertive and nobody's fool. Her voice felt strong, certain, and confident. I was left with the impression that, despite her strength of character, she had been content to stay in the background for most of this lifetime, knowing that her time would emerge and when it did, she would make herself known fully. After all, this is all within the scope of this lifetime's purpose. And possibly, it was in that acceptance of the bigger picture that she was able to contain herself while waiting in the wings. Late bloomer as an Entrepreneur (the unfolding of Rose again). Late, but great.

Then we said goodbye to REBECCA. But getting back to the start of my recollection of the moment when REBECCA introduced herself and I was amazed at her name … I think that REBECCA chose that name because, like her name, she was the one I least expected to meet up with. She knows what she is doing—she wants me to think on her name, and carefully. She wanted to really catch my attention, and she certainly did.

My comment: Again, as I write, I understand and see that these three ladies/parts of my Higher Self Being are seamlessly integrated as one. I see their roles as the "parts of the whole" as being completely merged—as One! There is absolutely no separation to be had. They are beautifully sewn together. It is truly magnificent. I had often wondered why they kept referring to "we" instead of me. Now I get it!

In closing, here is what they had to say to me after I was done recording my recollection of the experience: (true to her word—ROSE is speaking through the writing) .

“People are going to want what you have and what you have to offer them. They are going to go after it because it is so very attractive and desirable, that they will be panting for it with a depth of desire that will even surprise you. They will want to be in your wholesome company. They will want you around them and be around you. And what you have to offer in your business will never run dry, that well will spring forth fresh water all the time. Plus, once your potential and existing clients drink from the well of your offering, they will always desire more and come back time and again for more. And the well spring will never run dry. When you speak, people are going to listen. And listen intently. Those that will resist you due to ego envy, well, they will just move on out of your energy field. Let them go. Don’t attach to them. They need to move elsewhere. Like Anita. Let her go. She will be back, and she will be different—the friendship that you want from her will then be there.

Now that you have met your Higher Self and you know who you are, never doubt yourself again. Now that you know about your wisdom, your creativity, your strengths, your purpose, your intentions, your light-hearted ability, your appreciation for fun, and your entrepreneurship strengths, never doubt yourself. Without being egotistic, arrogant, know-all, overbearing etc., never doubt yourself. Don’t allow anyone to cast aspersions your way or doubt on your Being. Now you know—just DO IT!”

Namaste – THANK YOU WITH IMMENSE GRATITUDE.

Rose’s summary one month after the session

Since the day of my Trance Journey to meet with my Higher Self, my life has been so seriously hectic, more on the family side of life. At this moment, I find that I have to stop and try to regain my balance, enough to reflect and relate back how this experience has integrated into my being. At first glance, I did not think that there had been any integration at all, that is until I sat down and re-read the original feedback doc I had created. Then focus began to settle again.

If ever I have experienced a personal tsunami (in a very long time), it has been this past month. I feel like I have been hit by a massive wave, tumbled around in its power, had to work to try to surface for air, which I must have done, since I am still here catching my breath. I am not too sure if I have been washed up on shore yet—maybe I have. It sure has been a fiery time of testing.

However, through this time of mental and emotional upheaval, I have been aware of the presence of these three ladies. I have known the wisdom that ROSE is. My sister made a comment that dropped deeply into my consciousness and confirmed ROSE at work. She said, “The reason people have trouble keeping up with you and what you say, is because you process stuff quicker than others,” including herself, and she is a sharp cookie indeed! During this time of family upheaval, a great deal of wisdom has been required to guide our children, our thoughts, and our decisions. And, naturally, I just cannot help myself—I see a solution, it pops out of my mouth and sometimes it’s received and sometimes it is resisted. When it is resisted, I get so frustrated and my family makes me feel odd! They make me feel like I am overbearing, and that is probably what I come across as (and probably am). I feel like—hey, I see it so clearly, here is the problem and here is a possible solution, take it and run with it. What is your problem here?” And hence the resistance. Yes, I know that ROSE is with me and I am not alone, but I have felt extremely alone so very often these past two weeks. I realize when, once again reading through my first feedback post, the trance experience—which I need to be more respectful of ROSE—I need to completely learn to trust her more and I need to learn how to convey the wisdom and beauty that lies within.

I read a quote the other day from Lao Tzu:“When you talk you are already repeating what you know. But if you listen you may learn something new.” What sank in for me is, yes, you already have

understanding and wisdom, but true wisdom is to be found in the listening." I will just let ROSE continue opening that up to me. Basically, I get that it all starts with me.

I have to say that coming out of this awesome and surreal time with these ladies, I have grown in the confidence of myself and the parts of my Higher Self. I know that I have yet to go through many lessons to trust, but I will always have this experience to fall back on, to hold onto.

As you might have gathered, the auto writing that ROSE spoke of as a means of expression—I knew that there was something before the trance. But my golly goodness, it must have been waiting to explode. I have had a few very powerful auto writing sessions with ROSE. And the stuff just flows out of me spontaneously. Sometimes it's scary. But since ROSE has spoken of it, I have the confidence to know that it emanates from Source.

I have also had the confidence to meet with my Old Man on a more regular basis. Having him accompany me during the trance journey renewed my confidence in his presence. I try to meet with him on a daily basis, sometimes just to sit and hold hands with him, to draw power and strength from him. It is a truly comforting experience for me.

One thing I would like to begin implementing more frequently is that personal bubble space that surrounds me to protect. I was once again reminded of it when going over my original feedback.

TIGGER: I must say that all through this past month and the chaos of it, I have been aware of TIGGER, but she seems to have gone into hiding for a while. I miss her "presence" for want of a better phrase. I actually really need her to help me maintain balance by finding joy in other avenues, but I think I am going to make more of a concerted effort to include her and invite her out with me more often.

REBECCA: She and I are hard at work on the business. She has inspired and motivated me to move on with my new business plan for a new product we want to launch. Despite everything in this time, my business

stands steadfast and is growing. In fact, it is beginning to get a bit too busy and sometimes I do feel overwhelmed by business and this family affair—all coming at me in such force, it seems that often I have to stop and cry for help. But the business moves forward. Opportunities continue to open. Thank you REBECCA.

There is a great deal more I have to write and say, but I am going to keep it tight, so that the one most amazing thing that has taken place during the past month can be shared and revealed.

I met another part of me, totally unexpectedly as it turns out. It happened during this time of crisis, late one night when I decided to spend some time reading Tarot for guidance. As is my habit, I meditate into the space before reading the cards. During this time of meditation, I must have slipped into a bit of a trance because, to my surprise, I met my Queen. My goodness—it should not have come as a surprise actually, because I had been focusing a great attention on that particular archetype. It turns out my contract for this life is hugely connected to the Queen. I asked for her name—Elizabeth—and more in the character genre of Queen Elizabeth I of England. I felt that was a bit cheeky, but she did not budge. So, I accepted it and a few days later popped over to the internet to investigate Queen Elizabeth I's history.

This can explain further what another Intuitive Strategy Coach mentioned as she read my profile. "You can turn into a tyrant when her patience has been stretched."

A great deal more has emerged during the course of my research into the life and times of Queen Elizabeth I—too much to record here, but suffice to say, has become contextually relevant for my life.

My intuitive abilities have definitely become a great deal stronger since the Trance Journey to Higher Self. I guess it has always been there, but the newfound confidence and trust that has been instilled into my conscious being coming out of this experience. It seems like I have finally

given intuition permission to manifest. Now to learn how to work with it, learn from it and through it. That I think is where my challenges are going to lie in the future.

All told, this has been a liberating experience that I gratefully receive. I am also grateful that I was given this opportunity because I know that it has facilitated my personal evolution towards enlightenment, in this lifetime and for eternity. And so it is. Cheers. Rose

How Do I Experience My Spiritual Connection?

Bev (52, female) has a Jewish background who has undergone her hypnotherapy training with me. I asked her to volunteer for a spirit track session because, in previous sessions during the training, she came across disconnected, presented a feeling of being alienated, not belonging and therefore alone and this over many lifetimes, as transpired during a Past Life Regression. In her written motivation and intent for this session, she expressed that she has a naive wish for constant happiness, although the concept of happiness is not something she understands completely. Spiritually, her God is faceless and an external entity to her to which she seldom feels connected. She only has had occasional episodes while visiting a synagogue when she seems to connect. She describes these occurrences as pure bliss. This sense of separation has driven her to find fulfillment in many and some not so healthy ways over the years. It also affects her sense of self-worth and, perhaps because of that, her relationships, especially with her partner. During the pre-talk, she adjusted her view realizing on a conscious level in so far that wanting to be happy all the time is unrealistic. Yet, if she would feel a stronger spiritual connection, it would be easier to deal with life’s downs. She is pretty clear about her purpose in life, which is to serve others, but she is not sure whether she has the patience to build up a hypnotherapy practice or focus on her recruitment consultancy. She amended her intent to “How do I experience my spiritual connection?”

The client is an excellent trance subject and the part mostly connected to her Higher Self emerged with the name BLUE and stated that he had been with her from the beginning, through many lifetimes. BLUE also mentioned that if the client needs help in any area which may not be BLUE'S expertise, BLUE will bring in entities or people to help. It is there to help and support her and he has access to another twenty-six entities to do this efficiently. These entities are available to everybody, although he is exclusively there for her.

He further stated that she over thinks matters and all she has to do is to open her heart. She has achieved much in the last year, but she never looks back and appreciates her achievements. In order to assist my client with her sense of self-worth, I asked if these achievements could be framed like certificates, how many would there be? The prompt answer was 374. BLUE also confirmed that her current life partner is the right one for her and that it is okay for her to express her purpose by balancing hypnotherapy and her recruitment activities.

This advice gathering went on for approximately twenty minutes with long phases of nonverbal communication.

Bev's brief summary after the session

We had an extensive pre-talk to determine what I wanted to gain from the session. I wanted to enhance my connection with my higher power so that I no longer feel "disconnected." We also discussed my interpretation of "happiness" and agreed that life has its ups and downs and it is okay to not be happy all the time. After a rapid induction with hand drop and a countdown to five, I had a sense that I was in water and, at one stage, was a dolphin and another stage was holding onto the dolphin which took me into deeper levels of the sea and relaxation.

At the end of that stage, I was in the heavens and on a cloud that had almost no substance. There was a lot of light blue beautiful light and a curtain that was semi open. I did not go through the curtain. I was met there

by my guide, BLUE, who has been with me since the very beginning of my time, many lives ago. I was then greeted by so many people who let me know that I had touched their lives and helped them in one way or another and was also met by family and friends who had passed on. The meeting was beautiful and I felt very emotional. Claudia addressed BLUE and asked various questions:

BLUE is my primary guide but calls in for assistance in specialized areas, he calls on twenty-six entities, mostly in spiritual form. I have 374 achievements in this lifetime. The advice I received was that opportunities are being presented to me in both hypnotherapy and recruitment, both are ok, I will manage. Mark (my life partner) is right for me, we are both being helped.

I spent a long time not really talking but undergoing some kind of a transformational/healing/realignment process. I was back on the cloud and this time I went through the curtain and was weightless and was floating on my stomach and the blue light was entering me to realign/heal me. I was then on my back for the same reason and then I was standing but not standing on a foundation at all and my entire being was being washed with white light and a God entity was standing before me showering me with this beautiful light. Claudia said that this went on for seven minutes.

Bev's summary one month after the session

I have tried to be mindful of any changes within myself but it is sometimes difficult to assess yourself. I do feel that I have handled the ups and downs a bit better and have had a very successful month in terms of my recruiting business and have made four placements. I have worked very hard with deadlines and have managed to stay on top of the stress. I have been battling a lot with effects from the onset of menopause and have managed despite the sleeplessness and other symptoms.

I asked Mark, my life partner, if he has noticed any difference in me because, as I mentioned before, it is not always easy to assess oneself. He said “you haven’t fought with me much” and also said that I have been very different in terms of my commitment to him and have committed more to the relationship.

Those are two really important components in our relationship and I have taken his comments as indications that something has shifted within even though it is hard for me to detect.

In terms of my connection to my higher power, I cannot say it has deepened, but I do feel a sense of protectiveness from my spiritual guide. — Bev

Spirit Is Calling Me to Be Closer

Taryn (34, female) works as a counselor and hypnotherapist and feels that she is devoted to her mission or purpose but, due to her confined living environment and a needy partner, finds it hard to find the space and time to fully engage in this. *“I need to connect. Spirit is calling me to be closer.”*

When asked in deep trance for the part that is connected to her highest good, HOLY SPIRIT emerged and gave her advice by saying that she needs to be herself, let her light shine through, show all her colors, devote herself to love, and to bring love, wisdom and truth and to share this with the people. She is also called upon to write but is not quite ready to do this yet. She needs to devote herself every day and listen to the voice. When asked about her partner, HOLY SPIRIT said that they have a contract to support each other like brother and sister (which is in some way exactly how she described it prior to the session)

When HOLY SPIRIT was integrated into divine harmony, no other part had anything to contribute and on integration, she felt peaceful, alive, unlimited, and loved. In the debriefing, she explained that she saw lots of

light and colors, some of which she had not seen before. She felt far more composed than before the session, when her inner turmoil had brought her *to tears.*

Taryn's brief summary after the session

The session started with my hypnotherapist asking me to think of a mantra that would help me to connect to my higher power. She asked me to close my eyes and to repeat the mantra in my mind. I chose the Sanskrit mantra, "Aham Prema," meaning, "I am Divine Love." Because I do this mantra regularly, it was easy for me to connect. My hypnotherapist suggested to me to connect even more deeply and to go to a special place where I could experience the presence of my higher power. The experience I had was revelatory. Even though I meditate and connect to Holy vibrations every day, the experience of being guided by someone else into that state of consciousness was profoundly helpful. Because I have a rapport with my therapist, I could easily let myself go and not concern myself with conscious control or questioning that which arises from my ego self, as normally occurs when I do self-hypnosis or self-guided meditation. Allowing my whole mind to open up and receive the messages and images from my higher power, I entered into a space that I can only describe as "holy" or "heavenly." I saw a brilliant white light within which was made up of multiple colors. It seemed as though this light was pulsating or vibrating. I also saw the image of a dove with outstretched wings, a butterfly with outstretched wings, and a lotus flower opening its petals. As before, the images were not static, but rather vibrating and pulsating with multiple colors encased in brilliant white light. I also saw myself in a garden, entering into a room, with no walls or ceiling, just enrobed with white draped sheer curtaining. The presence of peace was all around me and within me. I also noticed a pond outside on which a white swan glided. A

person vibrating with magnificent love also entered into this “room” with me. I do not know who this was, but I felt very comfortable with this being’s presence.

As I am a student of the Kabbalah, it was interesting for me to note certain things. The swan, white brilliant light that contains all other colors, and the lotus are all symbols associated with the first emanation of God consciousness, known as Kether, on the Tree of Life. In Kabbalah, it is said that, when a spiritual aspirant has these experiences, then their mind has joined with God’s. It was very special for me, as I had not intended to see “white light” or a “lotus” or a “swan.” Rather, these images were received by me as my hypnotherapist led me into deeper levels of consciousness. It is also interesting for me to note that the deeper meaning of Kether for a human being is the completion of one’s work or mission on earth. This relates directly to my question of how I can best devote myself to my purpose or mission. In other words, my question posed by my lower self was answered by the consciousness or aspect of God that works specifically with purpose in life. This was very sacred to me.

As my hypnotherapist guided me into my dialogue with this higher part of myself, the answers that came through felt authentic and honest. When the higher part of myself was asked what I needed to do to devote myself more to my purpose, it said, “Be yourself, shine your light and show all your colors.” This related directly to the image of the dove, the butterfly, and the lotus, which my higher power has asked me to reflect and meditate upon. It also said that I need the “space” in order for this to happen. My lower self knows exactly what this means. I currently live in a small flat with my partner—our lives are enmeshed and have been for the last six years. We have hardly spent a day apart during this time. I do not have the mind space to devote myself fully to my work, because I do not have the

living or home space in order to do that. When I woke up the morning after this hypnotherapy session, it was even more clear in my mind that I need a separate space from my partner.

When the question was asked about the relationship with my current partner, I got the answer that we have a contract to support one another. The feeling that I received was not that the contract is over, but that it is purely moving into another stage, because the first part of the contract has been fulfilled. On a soul level, I felt a strong love and connection between myself and my partner, almost as though we are brother and sister or something similar. I felt very strongly that, in order for us to know whether or not we want to spend the rest of our lives together, we need to first have some separation from each other to establish our own individual selves. This would also give us the opportunity to date, which we didn't have in the beginning of our relationship.

When asked more specifically about my mission, the answers reflected what was already known in my heart. I need to connect to my God self more regularly and to bring this love, truth, and wisdom that I receive into my sessions with my clients and onto paper for books that I am urged to write. This higher part of myself let me know that I will be guided into what I need to say and what I need to write as soon as I make the "space" for it. Right now, my headspace is cloudy because my living home space is cluttered and claustrophobic. My home needs to become my temple, my sanctuary, the "space" I devote to God's work. In fact, when I reflect upon it now, the imagery of the "room" with the draped white curtains in a garden was a vision of my sanctuary that I need manifested in the physical world.

The session ended with my hypnotherapist guiding me to unite with this Self that has integrated all the learnings and living her mission. The feeling I felt was that of being "alive," "unlimited," and a feeling of being "in love."

I feel strongly that all I need to do is follow this guidance received and it will become clearer in the weeks and months ahead.

Taryn's summary one month after the session

I woke up the morning after my Spirit Trek session with a drive to "be myself," to expand and grow in all directions. I felt a motivational energy that I hadn't felt in a long time. I actually started researching courses and workshops that I had always wanted to do, including writing courses, meditation classes, and dance classes. There has been a very strong drive to fulfill that which has been unfulfilled and to explore all of my sleeping desires and dreams.

The decision to live on my own, separately from my partner, was also solidified. Every day since the session, that decision got stronger and stronger. I know with absolute certainty now that I will not be able to reach my fullest potential and fulfill my mission if I continue to live with my partner in this small space. My partner and I have discussed it and, although there is a lot to sort out both financially and practically, we have both decided that it will be in our best interest. I can definitely say that, since having the session with Claudia, I have had more courage to speak openly to my partner about my need to have my own space. Realistically, however, this move will probably only take place in about six month's time, as there is a lot of finer details that he and I need to work out.

The symbolism of the butterfly, the dove with outstretched wings, and the lotus have been particularly pertinent. The idea of opening or expanding has been with me every day since the session. My soul wants to grow and I want to embrace all of life. My soul is tired of living through this small life with all its limitations and restrictions. It wants space to move and be free. My living arrangement with my partner, although comforting, was not facilitating my own growth. My life revolved around "us" and "home responsibilities" and, since having the session, I am clear that I need to shift my priorities so that I can move forward in my life.

Since having the session, I have also been very attentive to space and décor. I never had much interest in this before, but now, I am taking the time to notice what feels right for me in my space. In the past, my partner always took control of the space and décor and I just allowed this to happen, not realising that this actually made me feel non-present in my home. I am now strongly opposed to that. I want to feel my presence in my own home, rather than just feeling like a visitor in someone else's home. As a start, I have changed the look and feel of my therapy room, as well as rearranging a small part of our lounge.

Strangely, for the first time in six years, my partner acknowledged to me how much this relationship has helped him to grow. I had seen the growth within him over the years, but he had never shown any appreciation for how the relationship had contributed in this way. Without any influence from me, he just started to talk about this with me one evening. He acknowledged that our relationship had helped him to overcome obstacles in his past and within his own personality that he feels no other relationship could have done. He told me that the deep-seated sadness and low self-esteem that he had been suffering from his whole life and that was present in the beginning of our relationship had been eliminated. It was a very special moment shared between us. It also served as confirmation that the first part of our contract was over—the healing that was necessary for him had been accomplished and the strength within me to pursue my spiritual path had bloomed.

For me, the most powerful and influential aspect of my spiritual session were the images that my subconscious mind received. These images have become living vibrations in my mind and heart, guiding my thoughts and decisions every day. I think of it as God consciousness trying to speak to me through images, asking me to allow these images to be my guide.

I do not know the exact details of my mission, nor do I know whether my contract with my partner will completely disintegrate or transform into something else. All I know is that a shift has taken place in my consciousness that no longer allows me to accept limitation in any form. My birds and butterflies want to fly and my flowers want to blossom and they are not taking “no” for an answer anymore

Understanding My Spirituality and the Jesus Energy

Oscar (38, male) is part of a family which brought about religious leaders for generations. He belonged to the Pentecostal Church but some time ago broke free from the conformity of formal religion. He views the infinite source of power in the form of Jesus and it means total freedom to him. Oscar is a remarkable human being, a happy family man, and a developer by profession. I understand that he has turned around poor and disadvantaged communities into prosperous neighbourhoods. He also helps people from all walks of life when they are stuck. His intent for the session is to find a deeper understanding of spirituality.

The part that emerged named itself OSCAR and spoke freely first for the benefit of my client and then continued to give more general information. It said: *“Love is life and it holds everything together. It flows through everything. All he needs to do is to be well-composed, strong and focused. He should ease up, wait and see. His gift to connect will be enhanced and grow stronger and he will understand in time.”*

More generally, it informed that humans can change the energy field of cities, even countries, and that goodness is a decision. It also informed of some “big sources” of energy in the belly of the sea that are underutilized. This energy/movement/current works together with the moon and the moon gives the sea a spirit that can serve humans. Fish apparently already know

that. Days later, after he researched this on the internet, he learned about the combined efforts of some countries to harvest the currents of the oceans to produce usable energy.

When I connected him to the Jesus energy, he described after the session how he could see the life-force rising out of plants and that the spirit is in everything that is alive. This teaches him to see this energy all around him.

His compassion and intuition must have been fueled with the experience of the session. He told me of a few incidences where, due to now believing in his insights or intuitive understanding, he spontaneously connected with family members to clarify issues with the effect that it brought them back together in harmony.

Oscar's brief summary after the session

First of all, I need to thank you for the time spent with me today, as always it was soooo special. It was a real and vivid experience that changed my life, and I will forever remember that. I saw the sun, went up into the sun, and went through the sun, and I was surprised to discover that the sun was not hot at all, and I could get behind into the machine room of the sun ….

On my journey, under hypnosis, I wandered around like in a portal until a specific point during the session when you asked my conscious mind to wait in a corner. That moment it really felt as if I became two parts, and from there I became an observer as well as the observed, as you said, without being able to touch, tamper, or influence the flow of information. I felt like a conduit pipe connected to me, on the one side connecting you (Claudia) to a source and on the other side, me. It felt like you had a conversation through me, I became a medium, or machine that conveys the message.

My body became “electrified.” It felt as if I was plugged into an electrical socket, and power placed my physical body under tension for the lack of a better word.

When I connected with the energy of Jesus, it was an interesting observation. I first saw an elephant, and saw mostly his big eye, and knew that his mind was filled with peace and wisdom, and then connected to Life itself. That prepared me to go forward to a beautiful garden.

I was in a huge peaceful garden, I was a light as light itself, without any resistance, and then Jesus came out of each plant in form of a red beams of life, as well as out of the animals and everything that carried energy. I connected to the beams of life and energy that was within every cell of each living thing. I went inside a stem of a plant and saw the inside with the cells, water flow, etc., and experienced the fresh flow of water and energy.

I really learned tonight that energy = life = Jesus (for me).

I had a real connection, I had a conversation with Life, but at some stage became a 100% observer, I could see everybody in the room, I was above myself in the air, and just observed the questions and answers. It was very special in every aspect, because my respect for the source of my life is so much stronger than it ever was. I wish I can write the whole story as I experienced it, but I cannot remember all the details, I just remember He said, everything will be okay. I could sense that something was downloaded in my subconscious that will manifest in days to come, I know that. This is an experience that everybody should go though, as it will confirm so much.

I do not understand all the information that I touched, it was out of reach to my conscious mind, but I know that my subconscious knows what it means, and will interpret it over time, and incorporate it within my life.

I got answers, information, and a good experience.

Oscar’s summary one month after the session

That session was a highlight of my life; I think of it every day, and relive some parts regularly. The part that impacted me most was the out-of-body experience, the actual meeting with Life and His words towards me.

The whole journey of that night is imprinted in me. It helps me to connect faster now, and for some reason I lost my fear for death and the unknown. It made me aware of the unbelievable energy (LIFE) around us, in us, and in everything. It made me appreciate all real and original aspects of nature more. I went through a very vulnerable period straight afterward and experienced a lot of changes, which I do not really understand in this stage, but run with it as it comes.

Interestingly, I have been invited to the Consul General of Namibia to advise the government on reintegration of towns in the country. I don't know what will happen with this, but hopefully we can start working on "advising governments" the way it was revealed that night. What I experienced is still an eye-opener like nothing else.

I loved it, and wish we can do it daily … Hope it makes sense.

Reconnecting to God

Chantal (42, female) was raised as a Christian, but describes herself now as a nomad when it comes to spirituality. She is very successful in her work and has accumulated a wealth of materialistic possessions to show for it. Yet it is apparent that this is not fulfilling her and that she has not healed from the trauma of her boyfriend's suicide seventeen years ago. The suicide has caused her much guilt. At the time, she felt that she had outgrown that relationship and she was ready to end it. It was then that her boyfriend left the house, drove to the beach, and shot himself. I felt necessary to offer her ways by which she could deal with this issue first, before calling out the part highest connected to GOD. During this first part of our session she did

“cut cords,” to take her grieving to another level and she could let go at least of some of the guilt. She might have otherwise struggled to accept her divinity, which she did later during the session.

From feeling empty, disconnected, to having a glimpse of her purpose, which is to help others and how this makes her feel: happy, divine, and energized—could indeed mean turnaround for this person. If she nourishes the connection with that part called LIGHT and her divinity, I sense she will be much more content, fulfilled, and most probably be able to draw real “wealth” into her life.

Chantal’s brief summary after the session

This email serves to provide a brief summary of my experience. I agreed to the spiritual session as a journey, as an idea of connecting to “my higher being.” This concept really gripped my attention and appeared like something I needed to do.

Fundamentally, I do believe I have a purpose for this life but I am unsure of mine and it is important that I discover it so that “I matter.” Between agreeing and arriving for the appointment, I really did not think too much about it and only once I drove to the appointment did I start having slight trepidation. When I arrived, I sat in my car for fifteen minutes before going in. However, once inside, I engaged and had a good pre-talk with Claudia. Without thinking, the words just spilled out of my mouth and I ended up discussing a particularly painful part of my past and an event I now describe as an “interruption to my fulfilling my purpose in life.” The pre-talk was very thorough and I felt like the session was done once the pre-talk was complete I went into trance. The trance journey is quite interesting, as I didn’t think I was an easy trance subject but, through my experience, I now think otherwise.

Connecting to my higher self was a consistent image of flashing of blue-violet light. When asked to name “my god/higher being” I called it “LIGHT.” The “LIGHT” took on a female form, which I could not make

out very clearly because of the bright, often flashing bright light, but the "LIGHT" communicated with me and provided me with words of "love and comfort."

The journey got me through a portal which was heavy, emotional; and the journey through this portal involved "letting go" of some old trauma that seemed "stuck" in my system. That felt painful; and while I was requested to "let it go," it felt like cutting off a part of my body. I physically felt and heard the hacking when I tried to "release the trauma."

My "LIGHT" assisted me to a feeling of relative calmness and level of peace, but the journey felt long and difficult to get there. Although there was a sense of calmness, I know I only started the journey, which is not complete yet, but feel an increasing consciousness and the growth of wisdom and of "being." At the end of the session, I used the words "moving closer to stepping into my divinity." It feels like a perfect time for cathartic release of the past.

It was amazing to see the full moon on my way home and a sense of balance in my system.

It is astounding that I chose to have my journey on the fourteenth, which as I only discovered today (fifteenth) is a Scorpio Full Moon.

Chantal's summary one month after the session

To the external world, it appears that I have achieved some success. However, I don't feel it and constantly sense that something is missing in my life. Part of my seeking journey is to connect with my "higher being," which in my mind I haven't defined yet, to give me better purpose in life and a sense of connectedness. I felt like an observer in my own life.

I am not religious but acknowledge the presence of a higher being. Our higher purpose is how we find deep meaning and fulfillment in our lives by contributing to someone or something that is bigger than we are.

My higher being revealed herself as a “GODDESS.” She was surrounded by white bright light. In addition, there were flashes of violet-coloured light throughout the journey.

What was revealed to me during the session were the blocks and barriers preventing me from finding the answers to my questions. Issues of self-trust, self-love, guilt, and self-acceptance arose. It appeared that I had to do some release work (remove those parts that did not serve me). I clearly remember imagery of “hacking off a body part,” which induced feelings of emotional “pain.” This represented the release of the part(s) not serving me.

The “GODDESS” gave me information on how to access my inner resource to improve the quality of my life. She did this with words of love which would help me manage pain, reduce my stress (not take life so seriously), overcome fears, create new habits, and get over issues that have been hanging over me for years (guilt about a suicide).

The GODDESS pushed me to see my purpose: I want to matter and to make a difference in the world, at work, and in someone else’s life.

The changes that have swept over me since the spirit journey are subtle but powerful. I have a need to let go of bad habits, e.g. relationships that do not serve me and to treat myself well. I no longer feel as disconnected as I did before and am finding life not as bad. The emotional connection or “feeling” component is still faint but I know it will come. There is a sense of peace and, often, I am amazed at this oneness. All this is in preparation for the bigger purpose I will achieve.

My purpose question was answered that I am here to “serve others.” Understanding how different that is from what I have been doing in my life is another journey but I am okay that the answers will be revealed to me.

I realize there is an unlimited amount of knowledge that exists between my Higher Self and me. Everything I need to know is deep inside of me. The mind-body connection is powerful, my journey has brought me to the

realization that the mind, body, and spirit journey can be as strong as life-changing.

This journey represented a path of reconnecting with something that has gotten pushed aside from my daily hectic living. I feel connected.

Finding the Answers Within

Wilco (45, male) recently qualified and works as a pastoral hypnotherapist. He has lately resigned from his job (as an editor/journalist) and he is driven to help people to grow through their challenges so they can live a fulfilled life. Although he is quite sure about his objective, he is insecure about his way forward and searches for clarity in his choices so he can move on his path with confidence.

In trance, the first part called LIGHT told him to live on his own values, not to make excuses, to be quiet, focused, and to listen because the LIGHT will shine on the necessary steps.

LIGHT did not have all the answers the client was looking for, so the next part I called out, a direct conduit to the trinity of God, the Holy Spirit, and Jesus, named itself METAL and stated that it is clouded and not sure—but willing to get help. (Metal Symbolism – Human association with metals goes a long way back in history. The ancient people viewed metals as mysterious materials found deep inside the earth and believed them to be full of spiritual powers and potential for creation as well as destruction.)

Assistance emerged through a part in direct contact with WISDOM. WISDOM expressed itself with ease. *"Listen to the words of inner wisdom, they come from the heart, let it flow, you will get divine inside, stop thinking, stop running around, let outer circumstances not interfere. By being quiet and listening to your own inner voice, you will learn and see the light shining upon the next step."*

Wilco's brief summary after the session

The session as a whole was really beneficial to me. Thanks for your openness and insight in helping me to direct and focus. In short, I did not really know what to expect but, with confidence in you, the modality, and a big expectation, it turned out to be an awesome experience and I really got some answers. First of all, I discovered that I must not look for something "outside myself." I do have the knowledge, wisdom, and all the tools within. I need to silence myself and listen to the guidance of the Holy Spirit. The LIGHT will show me each step of the way in the right direction.

I am on the right track. I just need to focus and stay focused in this process and use what I have. In writing, I need to get quiet, connect with Spirit, and write from Spirit and not from my conscious mind. I think that sums it up in broad terms. The experience was overwhelming and I can't wait using it with clients myself!

Wilco's summary one month after the session

Although it is still difficult for me to actually integrate all of the aspects of the session, six weeks after the initial session, I will try to reflect on what the session did for me as much as possible. As I just resigned and started out in my practice, I needed some spiritual guidance on my new journey.

In our pre talk, we established that my objective for the session is to gain focus on my longer term projects as well as build my practice now. Specifically, my focus should be on the relationship coaching, a project I am working on which is still in its embryo stages.

In the session, I experienced a deep trance and made contact with three parts. First, there was LIGHT, which I interpret as the Holy Spirit guiding and showing the way—shining the light in my life and on my path.

Secondly, there was METAL. At that stage, I was not sure what this part meant. Its function it said is to lead. At that point, in my thoughts, it meant that I don't allow the light to reach my whole being, i.e. spirit, soul, and body. However, later someone told me "metal" in a spiritual

understanding is actually very open and that I must see it in the positive light. The message METAL is reflecting to me means that on all levels or parts of my being, I am being led.

Lastly, WISDOM made her appearance and the message was that I do have the wisdom to continue. In integrating it said that LIGHT will continue showing me which way to go, but that I need to be quiet and listen to the guidance of WISDOM and to let it transform me. Not to make conscious decisions, but to make my decisions from the spirit as I am being let by LIGHT and WISDOM as METAL integrates this to all the other parts of my being and conscious.

It was also confirmed that I am on the right track with everything, including my relationship coaching.

And lastly, what I can remember was that, in terms of my writing, I must also focus on writing from spirit and not conscious mind. Be quiet, listen, and write as inspired.

I am not totally sure that I have fully integrated the whole experience yet. Consciously, I experience a change in thinking for one. I am also consciously more aware that I have to be quiet and listen; that I must come to a place of quiet listening. Also, in the session as well as in the group-session later on, I realized I must give much more consideration to meditation. Something I must confess I neglected the last few months and still find difficulty in really doing.

I do realize however that, as I start being “obedient” to the instruction, I will see more light. I also know that, as I start listening, I will find the guidance.

The session as well as the group-session was very beneficial to me in regards to opening myself up for the work of the Holy Spirit in my life.

In terms of my initial objective, I gained a lot of understanding through this journey. This is in terms of how it works and the amazing results people experience. In terms of my quest for guidance, that was answered and I also

received the necessary instructions. It may be that, in terms of my spirituality, I experienced a lot of turmoil in this process. I cannot remember every little detail that happened, but a lot of shifts started to take place in terms of my spiritual being or part. Integration is definitely taking place in small shifts, nuanced changes, realizations, as well as focus. I already experience much more faith and it is easier to overcome fears and stay focused.

Becoming Unstuck

Johann (56, male) with an Afrikaans background feels stuck, constantly blocked from progress in his life, specifically in his business ventures, and this affects his family life.

During the pre-talk dwelling deeper on his written motivation, he expressed that it feels like a predetermined pattern. When he makes decisions, they initially seem to have a “divine synchronicity,” but somewhere along the way, his progress is blocked. His wife (good marriage) seems to be depressed about the situation or perhaps it is the fact that he blames himself and therefore does not display his usual self in the relationship.

It might be of interest to know that his father, who passed over thirty years ago, used to arrange “sittings” for the family and acted as a channel. It was then that Johann was introduced to his Guides, Sadak and Ameg, but he has lost that connection even though he meditates and prays regularly.

He is looking for advice on how to change his situation, which would bring him huge relief. During the session, we lingered at the Resource State to connect him again to his inner truth to give him a supportive platform for calling out his part closely connected to his higher power.

SPIRIT appeared and consoled him to trust in the guidance given and to keep on meditating. He will be guided, he worries too much. This difficult phase is important and, in time, he will understand, but not now.

When I asked SPIRIT to enlighten my client on his financial affairs, which seemed important to him, he received the answer: "W*e don't talk finance, but he will be looked after. There are decisions to be made and guidance will be available. Just ask, you have protection, for your family as well. You need to focus on the positive and stop worrying. You will be guided."*

Since my client was accustomed to have two very specific guides, I felt it was only right to ask SPIRIT whether any other energy would like to come through. The client's mother, who passed a year ago, came through and there was a noticeable non-verbal interaction, even though my client is not very demonstrative. This was the second time during the session where a tear escaped. I asked respectfully to be informed when this interaction was concluded and when this was affirmed, it was also communicated that nothing else needed to be done during the session.

I wrapped up the session integrating all parts in harmony and left suggestions to focus on the positive, that he would find it easier and easier to leave the old ways behind because he knows that he is guided, protected, and looked after.

After the session, my client was clearly having difficulties to contain his highly emotional state and it looked as if new life energy had infused him; and the coming weeks will be proof of the profoundness of the session.

Johan's brief summary after the session

Let me start by thanking you for the wonderful opportunity to have been part of the process and for the session tonight.

I went into a very deep trance and I felt deeply connected to some higher energy/self. During the process, I experienced some resistance that slowed down the process a little … not sure exactly why. Once I reached my safe place, I felt more in charge and relaxed even more. What was clear was that certain information did not come through at this stage … maybe time was not yet ready. What gave me a lot of courage was that everything

will be fine and that, in due time, more will be revealed to guide me with decisions still to be made … also that my wife and family will be looked after. After this session, I will focus more on the positive side of things knowing that choices will be made that will change for the better.

This also gives me a better understanding of the current situation and the shifts I consciously have to make to gain the positive results.

Johan's summary one month after the session

It has been about forty days since I had the session with you. I am pleased to give the following feedback. The goal of the session was to address the problem that I felt throughout my life that, in work situations, there was always a block/slowing-down feeling when things were starting to flow and stabilize. During the session, it became clear to me that more information will be revealed in time but not YET.

The person who came through made his presence known as SPIRIT. I felt that information was held from me for a good reason … it was also frustrating in a way as I was expecting more. SPIRIT reassured me that everything will be fine and that I should be patient and trust more. I accept this as coming from a higher energy and therefore should be patient. Our time is not Spirit time!

Since the session, I feel more positive about the future and possibilities that might come up. We are moving closer to the city, which will give me more time to focus also on the therapy side, which I would love to be more involved in as I can only do it part-time when I am available.

When asked if anyone else wanted to make a contribution, my mother addressed me. She reassured me that everything will be fine and that I should trust more. This was a surprise to me as I did not expect her to address me. She passed away last year in September. It was an amazing

experience and I felt privileged to be addressed by SPIRIT … clearly a higher vibration with the wisdom conveyed. I am sure this experience will positively influence my future.

I will always be thankful to Claudia for allowing me the opportunity to have this experience.

Matching Vibrations

Timothy (30, male) has an intense Christian background. For some years now, he is following his interest in energies and vibrations and other sources of higher wisdom. Because of these rewarding connections, he no longer sees himself as a Christian as he finds this too limiting.

He believes that, through his studies and meditation, that he has some understanding of the laws of the universe and is able to stay in a “happy” state most of the time, sometimes even during downtimes in life. During his meditations and sessions of self-hypnosis, he had some revelations and he is now able to “read” people’s’ intentions much better, even if they try to disguise them. As a next evolvement, he wishes to be able to be extending his inner positive frequencies into the outer world to attract similar vibrations in order to manifest a “happy” reality.

Once in trance, the part DAVID volunteered and affirmed that he is watching over Tim because he has a great life to live. His understanding deepens much more into a knowing of “life-force,” but sometimes he starts believing before he even understands what he believes in. He needs to calm down and relax and when his intent is pure, he will understand more.

When asked about pureness, DAVID explained it means to assist others without letting the Ego getting involved, to see the good in others and anything. The mastering of self is important on this path, which means mastering of emotions. DAVID calls Tim’s childlike happiness innocence and when he slows down, practices self-mastery, and gets over his own fear and limitations, he will go into the next level, which is creation. DAVID

said that Tim has a misunderstanding of what responsibility is, it is not about paying your bills, but it is about *"doing that what you know what is right and with all of whom you are. It is very crucial in order to be pure that the mind and the heart become one. "*

The essence of the message is for him to relax into the knowing that there is no right or wrong and that he must learn to trust.

Although Tim had profound understandings in the past, these messages of a vibration or energy called DAVID clearly were deep, intense and insightful for Tim.

Tim's brief summary after the session

For some time, I found myself in a constant cloud of comfort. When DAVID came through, it made me realize what that cloud was about. My conscious mind kept on wanting to interfere and I need to sink deeper into that comfort and trust and knowing. I eventually I need to accept it for what it is and I realize that this is what that trust is all about.

Although I do not remember much of what was said during the session, the experience still lingers. I found that the vibration and the frequency I connected to were familiar and yet also not so familiar. The crystal Claudia gave me afterwards was a good anchor for all those feeling and thoughts. I will connect with this on a regular basis and report the finding. For now, I must just trust in the experience and the unfolding which is about to take place.

Tim's summary one month after the session

It was amazing to see how my experiences of the last thirty days evolved after the session. From what I can remember from my session, it was all about trust and to do things step by step and to wait for the right time for my questions to come to fruition. I learned why it is so important to start at the right place and why I had to start with the basics. For example, I wanted instant manifestation without understanding the basics of what I am asking for. I also need to understand why it is so important to feel good and

be happy, and why having this as a basic foundation is a good place to start. I find myself in situations on a daily basis where I made the conscious decision of choosing how I wanted to feel (good or bad). I sometimes find myself being swept up into other people's mindset and situation and able to acknowledge when this does not serve any good, and then choose a better feeling thought. Thank you for helping me to make sense for where I am and where I am going. The trusting process is easier and I find myself accepting my responsibilities with greater ease.

Ascended Masters

Jason (42, male) seems to have very advanced understandings about dimensions, their frequencies and how this is represented in Ascended Masters. This appears to be a very deeply serious, spiritual being and his motivation for the spiritual session is to know more about his association with a particular ascended master called Saint Germaine.

He has a second objective for the session. As a child, he was able to see spirits but, understandably at a young age, this frightened him and he blocked this ability out. Now he really would like to regain it as he knows there is nothing to fear, even though his sister who has similar abilities seeing spirits, is not coping,

In trance, the part connected to his highest power is BLUE who has been part of previous sessions. BLUE revealed that Jason needs to trust and be patient. BLUE said that there is a further initiation pending but did not explain: "*Jason needs to trust in everything that happens and as it happens. Saint Germaine is a pioneer, yet part of God. Jason's role is a part of his pioneering process to "make the knowledge" public as the time of shadows is over. He has to write millions of words and his deadline is five years."*

When asked about the childhood anxiety, about seeing spirits, the advice given was not to lower his frequency and he will be safe.

To gain clarity for my client's sake, I addressed his worries about his sister. I asked BLUE about her and BLUE said he does not need to worry about his sister; she is working with another frequency, the frequency of love. The summary outcome is that he needs to trust, be patient, keep working on his book, which will be read by many, and this will give him a sense of fulfillment. BLUE accepted the crystal I offered in which we anchored the intentions and understandings of the session.

Jason's brief summary after the session

I gained a clearer understanding of my purpose with St. Germaine (the ascended master.) It is involved with the current writing project I am doing, and there seems to be more projects afterwards. I need to continue in the manner I am going, and there is a deadline of five years. I am not sure why there needs to be a deadline, or why that time in particular is important, but he kept insisting that I trust and I need to be patient. In hindsight, I realize "patient" has two meanings and it does feel as I have been "worked" on.

There is also something of a time of secrets for humanity that is coming to an end, and what I am writing is connected with it, although there are a few others on the planet right now that have been given the same task.

I also discovered that I should not worry about my sister; she is just on another path, but it is a path of love. She will be protected.

I was also given a quick way to connect to the writing flow of energy, which never came up in the session, but I was made conscious of it during the session. It is connected with the color blue, which brings on the flow quite easily. Thank you Claudia; love, Jason.

Jason's summary one month after the session

Firstly, I would like to thank Claudia for the opportunity that this has afforded me.

For the past few weeks, there has been a need for me to be in silence. I have become very sensitive to sounds and other strong invasive energies. I have been more introspective than usual, and I am usually very introspective. My connection to my guides has not improved to the scale that I had hoped, but it seems to be growing stronger daily, so there is reason to believe that it will become that which I hoped for from the start.

The session itself I can't seem to remember at all. It was all very fresh in my mind at one stage, but now seems to be a very distant memory. I can't believe it was only thirty days ago, it seems as if an age has passed. Love, Jason.

About Claudia Klein

Trained in variety of alternative methods, Claudia Klein combines her knowledge to assist people to heal their lives and achieve their dreams. She is a certified HEAL YOUR LIFE teacher, and an expert hypnosis practitioner, and trainer. She is also the director and principal instructor at the South African Institute of Hypnotism (SAIH) and the Mastermind Training Centres in Cape Town and Johannesburg, which are affiliated and accredited by the UK-based APHP (The Association for Professional Hypnosis and Psychotherapy), the IMDHA (International Medical and Dental Association in USA), and the GHSC (UK).

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Chapter Eight — Case Summaries

Eugen Popa

Story of Christine

Christine referred to her Higher Self as True Nature. We used the term True Nature for the rest of the session.

After the initial protocol, I asked her True Nature if it was aware of the question Christine had, and if it was willing to help her in achieving what she desired.

The answer for both questions was *yes*.

True Nature advised Christine to do more meditation, namely Laya Yoga, and to be more in the present. When I asked how she would know when she fully expresses and manifests her True Nature, the answer came: *she would feel it*. In order to manifest her True Nature, Christine had to be more in the present, to be patient, and to take time for herself.

Her True Nature continued: “She needs to go more into the heart and learn about this close connection to the heart. She will discover this in Rishikesh, India.”

True Nature also advised Christine to trust and surrender to life and she can accomplish that by staying connected to her heart and be in the present. Furthermore, True Nature approved of Christine to have an astral projection.

At the end of session one, I asked Christine how she felt and how the whole experience was for her. She reported being very happy with all the information she received and that it was much clearer for her now.

The best thing from the entire experience was that she felt like pure presence, without concepts. She said, “I can hear the sounds around me but nothing is processing the sound. It is just there, but without any concept about the sound. It was really awesome! Experiencing without labels.”

In closing, Christine concluded that it was an amazing experience.

Story of Cora

Cora was open to connecting with her Higher Self. We began by using the Elman induction and then continued with a spiritual cleansing and purification protocol. The last step of this protocol brings the person in their inner sanctuary, in front of an altar where their Higher Self reveals itself and they can communicate.

Cora’s question was related to her spiritual mission.

The answer came: “Let there be joy, exuberance, and curiosity. And she can do so by being present, careful, focused.”

I then asked Higher Self to demonstrate to Cora how she will be and feel when she has accomplished her spiritual mission, and she received some personal answers. Upon asking Cora if she needed any more clarification on this point, she said no.

The next question Cora asked was about a person dear to her who was suffering. The answer was that she should not intervene in that person’s healing process; and Cora’s lesson was to avoid intervening or interfering with the learning process.

Next, Cora asked how can she have attention, how can she catch herself when she starts to get involved and the answer in two words was: *consciousness* and *exercise*.

Higher Self also suggested that Cora can enter in contact by simply having the intention to do so. She will know she has the right connection because it will feel like a very nice, easy feeling at the level of the heart.

This feeling of ease is the one that can and will tell her that she is talking to a higher part of herself.

The session concluded with a few minutes of direct communication between Cora and her Higher Self where she asked some personal questions; and in closing I asked Cora to thank her Higher Self for its presence and wisdom.

Final Conclusions

As Cora came out of the trance, I asked her how the whole experience was for her, and she said, "… different than usual in the sense that there was a wider experience with fewer images. I knew the answers. I was aware of them; and now, again, they were in my face."

Story of Corina

After having gone through the inner purification process, Corina sat in front of her inner altar, ready to connect to her Higher Self. As she entered in touch with her Higher Self, she thanked it for being there and being open to communicate and then we started to ask questions.

I anchored her so that, when I was asking questions to her Higher Self, I would touch her hand; and when I would talk directly to Corina, I would touch her on her shoulder.

Her first question was about relationships, "What do I have to cleanse and purify in order to be ready for a relationship?"

The answer was: "The feeling of abandonment."

I stepped in and ask a question on behalf of Corina: "Can you help Corina now, with this situation, the feeling of abandonment, in other words to help to discharge, to purify from this abandonment?"

The answer was *yes*.

I then asked her Higher Self to proceed doing so, and to give us a sign when it is accomplished.

Once we received that answer, I continued with another question: “That feeling of abandonment that Corina had until now … is it currently active in life, or it has been completely removed, cleaned from her life, never to reappear in her life anymore?”

Answer: “It is gone.”

Corina said that, as her Higher Self was working, she had a sense of expansion. Then, Higher Self communicated that there is still something to be done in regards to the subject presented. Then I asked it to let us know when it is done, and told Corina to remain fully open, welcoming the sensations and perceptions.

As the Higher Self concluded its work, Corina reported that she felt that she previously had a few pieces of her missing, and now they were back together again and she is feeling better.

Next, Corina asked about her mission in life.

Then answer came: “Helping people.” It seemed it was not clear enough so we asked for more details.

The answer was: “Helping people in self-development through dance classes, for both individuals and couples. Classes up to six people … teaching people tango principles to communicate with themselves and each other as means to personal development.”

Corina said that she loved the answer, it was excellent for her.

Next, I asked her Higher Self to show Corina how her life will be when she is manifesting her life mission.

Corina said that she experienced a sense of plenitude and being full!

Higher Self also mentioned that she has to visit Barcelona and that that is the place where she has to pursue her life purpose.

In the end, we anchored Corina to be able to return to her inner sacred space and her inner temple by thinking of the color purple.

Final conclusions

Corina said that it was a very interesting experience, and that she felt very comfortable in her experience, much like home.

Story of Dakini

Dakini's Higher Self was open to communication using Dakini's voice. We agreed on anchors and ideomotor signals so we would know who was communicating and when.

Dakini asks: "What is my higher purpose?"

Answer: "Sensual Tantra. Accomplish this by creating a community and by teaching this. Dakini is to initiate other people in tantric practices."

She will accomplish this both by working with individuals as well as with couples.

Dakini asked if this is her main purpose in life; and the answer was: "Yes, she should do this all around the world. For her to do this, she needs to heal her traumas."

I then asked Higher Self if it can help with this and the answer was *yes*.

I then waited for that to be accomplished. As I was waiting, Dakini was going through several experiences so, when it was done, I asked her:

"Dakini, how are you feeling? Are you okay?"

She said *yes* and that a lot has happened.

I then asked her Higher Self if there is any more work to be done now in order for her to begin her process, and the answer was: "This is enough for now, but there is still more work to be done."

I then asked if there is anything in particular that Dakini should be doing in order to fulfill her life mission.

The answer was: "Yoni massage. She needs to continue with this for two years. And she needs to focus on empowering women as she does this."

Then Dakini asked: "This community… is it part of my life purpose?"

The answer was: “Yes, and you need to talk about it with other people.”

Next, Dakini had a few more personal questions that were answered.

In conclusion, I asked of her Higher Self if it could offer Dakini a glimpse of how she will be when she is fully merged, realized into her True Higher Self.

Final Conclusions

I asked Dakini: Did you get the answers that you needed? Is it clear for you now?

She replied: “Yes. I’m scared that this is the main purpose, not like so-so, important to my life and my personal life.

“When Higher Self descended that I already started to feel like everything was turning, it was like… and when I had the experience with the healing… and now I have sensation in my body. When the healing was happening, it became really strong and I felt like I was gonna pass out. But then I got a message that I don’t have to do anything, it was like a vision or something. It was weird. I was seeing and get a lot of information and… but the turning was really strong. I felt like I was gonna pass out completely.

“With some questions I asked, I was doubting the answer. It was like ‘Is this because I want it like that; or is it completely natural, like this is not my ego?” Sometimes it was very clear like the details that came before the question.

Story of Kerstin

After the preparation stage, Kerstin asked her first question silently, in her mind.

The answer was not coming and therefore I intervened saying: “Sometimes the answer can come as a sentence, as a voice, as an image, as a feeling, as a perception, as an understanding; so once you ask the

question, remain open to whatever comes and when you have the answer raise your finger to let me know. Ask the question and remain open. Have you become aware of a possible answer to your question? Yes?"

The answer came; but it was not clear for Kerstin, so we asked for more details.

The Higher Self said: "Kerstin's purpose is to help other people, in a spiritual way."

We then asked Higher Self how is that going to happen. The reply came, saying that it is not ok for her to know any more details for now.

I realized that there was a part of Kerstin that was blocking her, and asked if that part cannot or will not give more information.

Then answer was that it will not, because it is not willing to give more information.

We continued with more questions and answers; however, the answers were always silent, in her mind, and she was not expressing them out loud.

Toward the end of the session, I asked Higher Self if it would be possible for it to show Kerstin what it is like to be united with what she called Supreme Consciousness, and Higher Self said *yes*.

I then allowed a few minutes for that to take place. In the end, we thanked Higher Self for its presence and answers.

Final Conclusions

Kerstin's understanding of her session is that her mission is to provide spiritual counseling and support to others. This is something that is going to happen in due time.

Session with Leah

Leah is connecting to her Higher Consciousness; and she also had a question about fulfilling her life purpose.

I asked her to pose her question, and let me know when she has done so by raising her index finger. After the finger response I asked if the answer was clear, and she said “Sort of.”

I proceeded to ask for more clarity, asking for practical knowledge. She received more information; and this time it was clearer for her and she was happy with the information.

I asked her Higher Consciousness if it is possible to show Leah what her life is like, how she feels and manifests, when she is expressing this purpose that has be given to her now.

Leah said she is feeling fulfilled.

I asked what would be the steps she needs to take to make this a reality.

Again, the answer was *not clear enough!*

At this point, I asked Leah if it would be okay for her that I would communicate directly with her Higher Wisdom and she would relay the messages both ways. She agreed!

We established physical anchors for both and then asked: “What are the three or four elements that have to be present for her to fulfill her life purpose? What would those elements be?”

The answers were: “Study meditation, focus on people, love in its compassionate aspect, compassion both for people and for herself, massage, diet, teaching about diet, giving massage, medical massage. In order to put all of these elements together, she should start by reading about religious history and meditate.”

Leah was happy with the answers she got and had a few private questions she wanted to address next. She did so; but again, she was not happy with the answers and she asked me to help her with them.

I asked her Higher Self for more clarity; but the answer was a consistent “No more details,” and “She has to deal with it as it is.” However, Higher Self agreed to help Leah in her process.

We continued with Leah asking a few more “silent” questions to which she received satisfactory replies.

I continued asking Higher Self if there is anything else that it would like to tell Leah at this point, and the answer was: “To be patient and stop running. She needs to slow down and focus! She is running so fast,” (in her life).

H.S. then agreed to show Leah what it is like to slow down and focus and Leah said she felt a deep state of peace. She felt peaceful and focused.

H. S. had one more thing to communicate to Leah and has done so “silently.”

Final Conclusions

I asked Leah how it went for her, and she said that it helped when I was touching her shoulder or arm as to anchor her in order to communicate with her or her Higher Self.

She also appreciated me constantly asking about more practical information, and overall it seems that the answers she got were, “Easier said than done.”

Also, when she got the answer to study history, that was a reference to study history of spiritual leaders.

Session with Luiza

I started to work with Luiza by using first the Control Room technique, where she could deactivate all her inner systems that did not need to be engaged during the sessions. She proceeded by “unplugging” thoughts, ideas, and emotions not needed for the experience she was going to have.

Once we finished the work in the Control Room we continued with another technique called the Gray Room, where she cleansed and purified her body, heart, mind, and soul, preparing herself for the encounter with her Higher Self.

After these preliminary steps, she then entered her inner temple, where she humbly called for her Higher Self to reveal to her. As it arrived, we thank it for coming and begun to ask questions.

Luiza asked her question silently and signaled me when she received the response. However, she needed more clarification, and I instructed her to ask for more details, practical knowledge.

After having received more information, she went on with her second question, to which she received a satisfactory answer.

Next, I asked if it is ok for the information communicated between Luiza and her Higher Self to be published in the book, and the answer was affirmative.

I then asked Luiza what was her question to her Higher Self.

She replied: “Why am I not getting married?”

And the answer was: “Because you are not a lady” (feminine).

Question: “Why do men run from me?”

Answer: “Because you don’t know how to behave, how to be a woman. You are too strong, and scare them away.”

Question: “Will I become a strong business woman?”

Answer: “Yes, but you have to work for it.”

Question: “Why did I start smoking again?”

Answer: “Because you are weak.”

At this point I interjected and asked her Higher Self whether it is male or female. The response was that it is male. Then I asked if he agrees to support Luiza in the future to accomplish her goals and the answer was *yes!*

I then asked H. S. to show Luiza what it is like to be a lady.

H.S replied that Luiza needs to be more open with the other person, more communicative, and to trust more. More open in sense of more confident, as she is quite shy now.

I asked what would help Luiza open more and be a lady and the response was: “To behave and speak nicely, and to stand up straight.”

My next question was: “Is it possible for Luiza to be both a lady and be successful in her business?”

The answer was positive. And in order for that to happen, Luiza needs to make more time so she can meet a man. H. S. was willing to help her with this!

Final Conclusions

Luiza said that she had an interesting experience; and she wondered, before the session, how she would perceive the answers, if any.

The answers were coming very quickly; and she is now very clear on what she needs to be doing.

Session with Parvati

After the preliminary steps, we proceeded with Parvati entering in contact with her Higher Self. Her first question was: “What can I do to evolve spiritually?”

The answer was: “Surrender. Trust God.”

Just to make sure, I asked: “She should surrender to Divinity?”

The answer was: “Yes. Opening her heart and having more faith in the universe.”

I asked for more clear answers and the reply was: “Experience love.”

I continued by asking Higher Self to show now to Parvati what it is like to be open-hearted.

Parvati reported she got a very clear perception of the state. Higher Self continued by saying that she needs to be open, and that it will, again, show her what that means, what that is like.

I asked Higher Self if it is willing to help Parvati, to guide her, to help her surrender and trust, and be open from now on, and the answer was positive.

Next, Parvati asked what her Dharma (spiritual purpose in life) is. She did not receive an answer to her question.

At this point, I intervened and said: “Sometimes the answer can come as an image, as a feeling or as a film or as a sentence, or as a perception or as anything else… so ask the question again. I`m gonna ask the question for you; and when I ask the question, just remain open for whatever comes as a change from the continuum you have. So I’m gonna ask the question; and whatever you perceive after the question is asked just remain open to whatever comes, and let that coming to you as an answer and it will be very clear for you when you do so. I am talking to the Higher Self now, and I am asking the question: “What is the dharma for Parvati, what is her life purpose? When you have an answer let me know…”

Now Parvati received her answer, in the privacy of her own mind. However, the answer was not clear for her, so I asked her Higher Self to offer more details: “Can you give more clarity about the dharma, what it should look like when Parvati is fulfilling her dharma? And when you have the answer Parvati, let me know.”

This time, the answer was indeed satisfactory, and Parvati was clear about it.

Next, I asked Higher Self if it can offer Parvati a clear, practical idea or ideas of what she should do and how she can accomplish and achieve her dharma.

Parvati received the answer and was happy with it.

Parvati had no more questions to ask, so I asked Higher Self if there is anything it would like to tell Parvati at this point. Then answer was for her to stay here (in Koh Phangan, Thailand) for four years.

Final Conclusions

I asked Parvati what was the best part of the experience and she said the sense, the feeling of light that was coming. She added, “At each question, when you asked like details, I felt like this light was taking me, and say kind of *just trust and be in peace* and then I could feel this peace.

The answers were more like sensations rather than words.

When she was shown what it is like to surrender and trust she relates: “I felt fantastic! I was in peace with everything.”

Session of Zuzana

Having concluded the preliminary steps, I said, “When you have this perfect communion with your Divine Presence, let me know.”

(Client gave an approval sign.)

I asked that she ask her questions to the Divine Presence, silently, in her own mind. Very quickly she received a clear answer.

We continued to ask the Divine Consciousness for ideas and hints on how to practically apply the knowledge she received, so that she would have at least three or four modalities that will help her reach her goal.

Again, she received a very clear answer, and then asked another “silent” question.

We continued in this fashion for the next four questions and answers.

Approaching the end of the session, I asked for permission to address a couple of questions to her Divine Consciousness.

My first question was, “Is there anything else you want to communicate to Zuzana now, something that she had not thought to ask about?”

The answer was *yes*.

I told Zuzana to remain open and receive the message and let me know when it is done. She received her answer and was happy with it.

Next, I asked if it is for Zuzana to experience more of what Divine Consciousness is like. The answer was positive and said it was already done!

Final Conclusions

As she returned from her experience, Zuzana was very happy and giggly and said that she felt much better, especially since she had a bit of a rough time for the past few days before the session. She reported that the

experience was very helpful for her, and that she received a lot of learning.

Oana Ștefan , Higher Self

After the preliminary discussion, I guided Oana into hypnosis and asked her to imagine a space of purification. This was a special place where she could imagine being purified physically, emotionally, mentally, and spiritually in preparation for meeting with her Divine Self.

After she indicated with a “yes” signal that she completed this, I asked her to imagine moving in front of a door as a portal, leading her to a sacred space: *the interior of her temple*. She could imagine an altar and other objects or structures within her inner temple. After she confirmed being there in her mind, she imagined a column of light shining down on the altar, and was ready to proceed…

Eugen: Okay. Good. And now, as I said, as moving in the deepest point of your soul, and with the greater openness of your soul, address this request to your Self to manifest, to appear in this space and when he will be down here on this light, on this column, let me know.

Oana: …*gives “yes” signal*.

Eugen: Okay. Excellent. And stay a few moments fulfilling yourself with its presence, thanking it for its presence, for its openness, for his appearance. Okay, now, if you’re ready, you can address the first question you have, the first you want to be answered.

Oana: Out loud?

Eugen: Yes. If they are the same questions as on the sheet I can ask the question.

Oana: Yes.

Eugen: Okay. Then I’ll do this: I’m going to count to three and then touch your left hand and at that moment and I will communicate directly with your Divine Self. Do you agree with this?

Oana: Yes.

Eugen: Ok. When I touch you on the shoulder, Oana, I communicate with you. If you do not touch on the shoulder, I do not communicate with you. Is that clear?

Oana: Yes.

Eugen: Good. From the moment I touch your hand the answers that come will be from your Divine Self and that means that you allow it to communicate using your vocal cords. Do you agree with this?

Oana: Yes.

Eugen: Okay. Good. So, one, two, three, I'm communicating now with this Divine Self of Oana, and Oana has some questions for you and she wants answers to these questions in order to clarify, in order to know what to do next. So the first question is: in the work that I do with people, and also for me, is intuition sufficient or is it necessary to be conscious about the process?

The intuition is that pure place of you, where I manifest myself and by following the intuition you will never fail, and the consciousness will come when you need it. For some there are needed explanations and then you will receive it.

Oana, now I'm communicating with you, the answer is clear to you?

Oana: Yes.

Eugen: Okay. Go ahead and I'm communicating now with your Divine Self, and I have another question, namely: what is the reality of this plan?

Oana: The reality is the reality that you build. It takes time, but if you sustain an idea long enough, it becomes reality.

Eugen: It is now possible to reveal for Oana the reality that she must reach, that she can reach?

Oana: Yes. She knows. All the information comes to her in the form of imagination, desire, accompanied by enthusiasm.

Eugen: Okay. Good. Oana, is the answer clear?

Oana: Yes.

Eugen: Good. Moving on to the third question. Namely: what is the truth about the existence of a human being?

Oana: The truth is that the human being is free. Free to create, free to do whatever he wants to do. According to intuition, as to what is transmitted from his soul, from his Self.

Eugen: Okay. And I have a question regarding this response: how ordinary people make a difference, to choose between the message that comes from intuition, from his Divine Self and messages coming from everyday life or even dirt of his mind or his soul.

Oana: Always a real message is transmitted together with the feeling of pure joy, the joy that you feel when you're kids.

Eugen: Okay. And those people who do not feel they are children anymore?

Oana: Those people have you and there are many tools now.

Eugen: Okay. What tools?

Oana: Internet, information on the internet, people who give through their presence, high light beings.

Eugen: Okay. Thank you. Oana, are you satisfied with the answer? Do you have any questions you want to address? If you have any other question you want to ask out loud, you can do it.

Oana: Yes.

Eugen: Please.

Oana: How can I help people better or how to understand how to free people from fear?

Eugen: Okay. Your answer is?

Oana: Fears are the imagination of the mind. When the heart is working with the mind and becomes his instrument, all fears will dissolve effectively. For that is needed, just to be in the heart because there is no duality, no fear, and no 3D.

Eugen: Okay, thanks. Oana, do you have any questions now?

Oana: How to help people to get rid of fears and get rid of mental schemes, negative programs, limiting beliefs that block them from being prosperous, abundant, happy, and in communion with themselves?

Eugen: Okay. You got the question. What is your answer?

Oana: Follow your intuition. Every man responds to a specific frequency, on a given channel… must be connected to each self and you'll give him what he needs. Just trust intuition. Give yourself permission, follow your intuition.

Eugen: Okay. Is the answer clear, Oana?

Oana: Yes.

Eugen: Okay. If you have questions you can continue with it, if not, not.

Oana: Not.

Eugen: Okay. I have a question now for your Divine Self. It's something you have to say that we didn't know to ask?

Oana: Yes.

Eugen: We are listening.

Oana: Dare to dream, dare to dream big because you will do all this, trust, follow your heart, do not stop from your road.

Eugen: Okay. Thank you. Oana is that a clear message?

Oana: Yes.

Eugen: Okay. I have a question for the Divine Self. Can you show now to Oana as a demonstration, as an example, to show her how she is when she is fully manifesting herself as you told her? Is it possible for her to have this experience now?

Oana: Yes. I'll try.

Eugen: Okay. And you, Oana, stay open and see what the feeling is. And give it permission to become more intense, this feeling, to grow, to increase. And you can even create, when it's at its best an anchor, and bring

it back in your life when you want. Let it grow now! And tell me when you finish.

Oana: Ready.

Eugen: Oana, how are you?

Oana: Full.

Eugen: You're now clear what do you tend to?

Oana: Yes.

Eugen: And I'm talking with your Divine Self: do we have something to do today, right now, about Oana?

Oana: No.

Eugen: Okay. Then I will give you a few moments to get together. I have to thank you for your presence here, I am grateful that you have arrived and have participated in the dialogue and leave you now together so you say goodbye even though we know that you are always close to Oana. And you, Oana, I want you to tell me when he left, when he got up there, let me know.

Oana: And we thank you for your work, for your dedication, for your opening.

Eugen: Okay, now, with all this clarity, all this wisdom, take a moment and let them settle into your being, to settle in the deepest, deepest levels of your being when know they are there, they are part of you, you know that they are your absolute truth, your reality, let me know.

Oana: …*gives "yes" signal*.

Eugen: Okay. Excellent. And now I want to get out of the interior space of this sacred space, stepping back into the purification room when you're out there let me know.

Oana: …*gives "yes" signal*.

Eugen: Okay. And now you know that you can always enter in this area of purification, whenever you want, all you have to do is to close your eyes, relax them totally, all to the point where it no longer works, then test

to see that you cannot open it anymore, and then you give yourself the mental command, inner, to come back to this place of purification, and be reunited with your Divine Self. And now when you're ready, come and in this area of purification and when you're out tell me, let me know.

Oana: …*gives "yes" signal*.

Eugen: Okay. Excellent. And now I will count from one to five with each figure I speak, you easily recover, gradually, graduated from this deep state of trance where you are, returning gradually to the daily state, with a clear and focused mind. Enlightened spiritually, mentally, emotionally, returning to this agreement, with the wisdom of your Divine Self fully integrated into your being, returning to a state of joy and spiritual fulfillment. One, now easily snap back, here and now, two, became aware of the sounds around us, the couch you're on, three, come back more and more now, as you are clear, you are installed in your body, present, in this space, at this time, four, all we've done here today remains yours and is yours, is the basis of your life from now and the next figure I speak, you open your eyes feeling fantastic, open your eyes to a new world, to a new Oana filled with wisdom and spiritual fulfillment. Five. Welcome back! You're back?

Oana: Yes, but I need some time to re-gather my body because, I still can't move.

Eugen: No problem, do not hurry anyone, take it easy. Reinstall gradually. How are you? How've you been?

Oana: Excellent. I cried and ruined my makeup, didn't I?

Eugen: A little. It hasn't been seen.

Oana: …does not matter.

Eugen: Right. How was the meeting?

Oana: Very cool. How did you know I was in a dome? So I was, I was in a dome, but it was shown to me as a kind of amphora, as a sort of large glass, already manifesting everything, namely there was the column of light

and it was like a sort of fountain and created a light hat around, just above the cup, or, whatever, around the amphora. There was nothing else there, it was just was a bright white dome.

Eugen: How was the feeling when you're in that space?

Oana: I often do this thing.

Eugen: It was something new for you?

Oana: It was not something new for me.

Eugen: And what was the sensation when it appeared, when he came down?

Oana: Again, I am not foreign of this, I've experienced it, but I can tell you it is a fantastic joy, is a state, as I say, a mix of joy, humility, love, all that together and something more that cannot be said in words clearly..

Eugen: Content with the answers?

Oana: Yes, somehow…

Eugen: Somehow, did you know?

Oana: Somehow, I knew things only I was not very clear about it, were not settled in mind and I was hesitating.

Eugen: Now you're clear?

Oana: Yes. Now I'm clear and I'm very intuitive and I allow myself to be so, only you look around at the world you live in, 3D, and then you think … "Is that what good I'm doing? Is it good how I am?" …not necessarily how I am.

Eugen: No, but in a way you should trust your intuition or trust something else.

Oana: Right. Yes. And yes, it seems like this is it. Yes, very nice, very cool. What else to say… it is like a sphere, for me is like a ball of light, even whenever I connect I see this, it is a sphere, but also has the form of a drop, tear, like this.

Eugen: My congratulations.

Oana: Thank you!

Eugen's Final Conclusions

The protocol used for these sessions was fundamentally similar in all cases; however, as I had advanced with the sessions, it grew and developed in and by itself. There is a common denominator both for the questions people ask as well as for the answers they receive.

Since this program was presented as a spiritual hypnosis project, 90 percent of participants asked questions regarding their purpose in life, and what they should pursue in order to achieve that purpose. The underlying belief that everyone has a life purpose was found in all cases.

The answers received from Higher Self/Divine Self/etc. were almost always very general and sometimes even cryptic. This has constantly begged for more clarity and more details. Upon this request, Higher Self would deliver more practical answers and information that the participant could apply immediately.

All participants declared to be satisfied or very satisfied with the experience and also to have gained some or a lot of knowledge from it.

I would like to thank everyone who participated in this experiment and also thank Roy Hunter for his idea to create this project.

About Eugen Popa

Eugen Popa is the President of Romanian Hypnosis Association and Trainer of Hypnosis, specializing in Regression as well as several forms of Parts Therapy, Subliminal Therapy, and Resource Therapy.

He has always been fascinated by the mind and its intricate workings and constant search to understand it. He did this both through Eastern practices such as yoga and meditation as well as the study of the brain, neurology, psychology, and Hypnosis.

Eugen has studied with some of the best trainers in the world of hypnosis and is now a trailblazer himself, opening new doors of the psyche and enlarging the horizons of human understanding.

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Chapter Nine — Case Summaries

Seth-Deborah Roth

Being known in the field of hypnosis as the Medical Hypnosis specialist, I have come across many medical issues that have a spiritual meaning emerging, once in trance. Below are just a few cases you will find interesting. (There is more about me in the last chapter section.)

Needs Attention

This was one of my first cases where the mind-body connection was so evident. Skin is the largest organ of the body. The skin contains sweat glands and blood vessels, and cells that use the sun to manufacture vitamin D, nerve endings that are in constant contact with the brain, and an array of immune system cells that help ward off invaders such as bacteria and viruses. Many people with skin problems are aware of their variation of intensity, according to their mental states. A skin lesion is composed primarily of the cells of the body reacting to an agent, either an external agent or an internal, emotional one. The skin responds to emotions very quickly whether venous dilation or venous constriction depending on the emotion/need. Also, our hormones are controlled through neurotransmitters. Neurotransmitters are the brain chemicals that communicate information throughout the brain and body. Neurotransmitters are influenced by our emotions. This connection of the emotions and the organ of your skin has brought about the development of a new field called psychodermatology, or psychocutaneous medicine.

Jennifer is a young woman in her early twenties. She came to me for eczema that she has been experiencing ever since she was a baby. She said that whenever she feels stressed, her symptoms increase. She has used creams of all sorts including prescribed steroid cream from her doctor. It is getting to the point of affecting her social life and she feels I am the "last resort."

She reported a strong family relationship. Although she knows she is loved, she has a hard time speaking up for herself.

In trance, Jennifer was encouraged to feel the feeling she gets right before she starts to itch. This feeling is enhanced and intensified. With regression, she is encouraged to go back to the first time she felt the feeling. She regressed to previous times in her young life and each time I ask her is this the feeling old or new. She replied, "Old." I once again had her focus on the feeling and intensify it and go back to the VERY first time she has this feeling.

Jennifer finds herself in the delivery room of her birth. She is on a bassinet or table of some sort. She is cold and wants attention. No one is taking care of her. She is crying and still no one comes. She cries louder and still no one comes. She decides to get attention somehow.

After this discovery of what is called the *Initial Sensitizing Event*, I asked Jennifer to imagine a magical balloon and she is able to rise outside of the room. With each breath she is able to go higher and higher. As high as she needs to go so that she can witness the event without any emotion. She takes herself up to the universe. She is now totally dissociated from the event. I ask her if it is okay to ask Spirit if there is something she needs to learn. She says yes and so I ask Spirit, "What is it that you need to know, to learn, so that you can let go of this limiting decision to have eczema?"

Jennifer replies, "I need to know that I am wanted and loved. I need know that I CAN speak up. I CAN be heard. I do not have to internalize my feelings!"

After trance concluded, Jennifer felt a sense of relief. She was taught various methods of anxiety relief tools such as EFT (Emotional Freedom Techniques), self-hypnosis for stress management. We also scheduled other sessions for confidence building and self-esteem.

Interestingly, as a side note, when Jennifer went home, she asked her mother about her delivery. As it turned out, right after Jennifer was born, her mother had a life threatening complication and all the doctors and nurses were so involved with the mother that no one was taking care of the newborn. Just the knowledge of this event, on the conscious level, was also meaningful for Jennifer.

Jennifer's eczema has, for the most part, has made a retreat. She is mostly symptom-free. If she ever starts to itch, she is aware of the fact that something is going on where she is not taking good enough emotional care of herself. She now uses various tools she was taught, takes care of herself, and her symptoms leave.

Helplessness

Barbara came to the office in a wheelchair. She was suffering from something called Frozen Gate Syndrome. Primary progressive freezing gait disorder is considered to be a distinct clinical entity that manifests predominantly as a progressive freezing gait disorder without accompanying abnormalities. Medically, it appears to be a clinically distinct progressive neurological disorder that primarily affects gait, initially resulting in freezing and later in postural instability. A wheelchair-bound state often develops within five years. It is accompanied by other parkinsonian features, particularly bradykinesia (slowed ability to start and continue), but is unresponsive to dopaminergic medications.

Barbara was seventy-eight years old and was brought in by her daughter. Her symptoms started fourteen months before. She sometimes used a walker but has what is called "Stutter Walk." Sometimes she can

walk straight, but if there are any obstacles, she has a hard time starting again.

She grew up in the Texas Depression of the 1930s. She had three brothers (one died at two months old when she was four years old), and two younger sisters. In questioning her social history, she shared that her father literally threatened her life, at age nine, when she found him having an affair. He would beat her mother. He also would beat Barbara, but none of the other children. She got married at age fifteen to get out of the house and away from her "tyrant" father.

The man she married was just as tyrannical: drugs, alcohol, affairs, beatings, and just plain mean. She took him back twice as she did not believe in divorce. After forty years of marriage, he asked for a divorce when he wanted to marry a girlfriend. Shortly after the divorce, the symptoms first started to appear.

When Barbara came to me, her living situation now included living with a neighbor/caregiver who yells at her and is verbally abusive and "bosses" her around. She is totally dependent on this woman.

Barbara tells me she believes in hypnosis. After establishing rapport and a discussion of how powerful our thoughts are, Barbara was brought into trance. I focused on the feeling of not being able to walk and regressed on that "feeling." She goes back in time to being twenty-four years old, pregnant, and feeling sad. When asked if that is an old or new feeling she tells me that is an old feeling. I have her focus on that feeling and go back to the first time she feels that feeling. She goes to again the age of twenty-four, but an earlier time of feeling sad. Her father is in prison. I ask her if this is an old or new feeling. She says old, and I regress her an earlier time of that feeling. She goes further back to age twelve and is being whipped. Once again, I ask her if this is an old or new feeling. She goes more backwards in time to being three years old. One of her brothers is in the bed with polio. Her father throws her on the bed on top of her brother's bad leg.

Once again, I ask if this is an old or a new feeling. It is a new feeling! I have her rise above the event in a magical balloon so she can go higher and higher, as high as she needs to go, (telling her it is a BIG universe) to the point where she can witness the event without any emotion. I ask, “Is it okay to have spirit communicate with you what it is she needs to know?”

Spirit communicates with Barbara that there are empowered lessons she needs to learn. They are how to let things go, how to forgive, that regarding that helplessness… she is NOT helpless and finally, to rise above and move on.

That session also later included the installation of positive suggestions of looking straight ahead and moving one foot in front of the other and feeling oneself in balance. Barbara is then, in trance, future paced to feeling a sense of freedom and walking on her own, feeling powerful instead of helpless. She is gently taken out of trance.

She left the office not only out of her wheelchair, but also refusing to use the walker her daughter also brought. Her daughter was in tears as her mother walked slowly out of the office complex into the car.

Can’t Get Pregnant

Deborah came to me because she heard that I work with medical issues. She is trying to get pregnant. She has been trying with assisted reproductive technologies for some time and has not even told her mother.

Both she and her husband are employed. She works as a sales manager and is making a good income. She used birth control for many years, and now Deborah has been trying to get pregnant for two years. Her sister has two children and easily got pregnant.

Deborah also shares with me the fear of not being able to support a new family if she has a baby. She is fearful about not working and how this will affect her financially as well as emotionally. A lot of her personal worth

is connected with her ability to earn a good income. She tells me she has never shared this fear with anyone!

In trance, Deborah is asked to connect with her "Higher Self" or her "Wise Mind." I ask her if that would be okay. "Can we ask your Higher Self if there is something you need to know regarding this fear of getting pregnant?"

Deborah says yes, so I go ahead and ask her *Wise Mind:* "Dear Wise Mind, what is it regarding this fear that Deborah needs to be aware of?"

Her Wise Mind replies that Deborah will be able to have enough income to support a family. She will find inventive ways to spend less and at the same time bring income into the family. She is also told that she will be a good mother. She will experience much joy and stability from being a parent, and that this stability is more stability-producing than any income can bring. Deborah is also told by her *Wise Mind* to work on managing her stress levels better. She is trying to work too hard, and gets too stressed. I thank Deborah's *Wise Mind* for sharing this information and Deborah is slowly emerged from trance.

I taught Deborah various tools to deal with stress; and I gave her a copy of my hypnosis MP3 called "StressBuster" and instructed her to listen to it every day for twenty-eight days in a row.

Deborah called me up in two months and informed me that she was pregnant. She had a beautiful baby boy.

It's His Fault

Harry's physician sent him to see me. His blood pressure is getting higher and higher. He is getting more and more nervous as his upcoming surgery is getting closer and closer.

In talking to Harry, it appears that this nervous feeling with the upcoming surgery is not new. He has had generalized nervousness his whole life long. He is on blood pressure pills that need increasing levels as

the years go by.

In trance, I have Harry feel that feeling that he is experiencing with the upcoming surgery. I regress on that feeling over and over again, asking if it is new or old. Finally, I get to the answer I am looking for. It is a new feeling and he is six years old.

I ask Harry, is he inside or outside. He tells me he is in the backseat of the family car. They are on their way to vacation. His parents are in the front seat and he is in the back seat on the left side. Things are quiet. Suddenly his parents get off the road and pull the car to the side. Harry is very confused. His mother and father turn around and tell Harry that there is something they need to tell him. They tell him they are getting a divorce. At that very moment, he immediately assumes it is because of him, that he did something wrong.

I ask Harry to imagine a magical balloon that can transport that little boy outside the car… up to the sky, up to the universe, as high as he needs to go so that he can witness the event without any emotion. I ask Harry to let me know when he gets there, letting each breath take him higher. Once there, I ask Harry if it is okay to allow spirit, his "Wise Mind" to let him know what it is he needs to know so that he can let go of this feeling that there is something wrong with him. Harry responds, "Yes." Then, I ask Spirit what is it that Harry needs to know. Spirit responds that Harry needs to know "It is not his fault. His parents' arguing is not about him, but about *them*. There are adult things his parents need to learn. They love Harry. It is not his fault. He is a good boy."

During trance, positive suggestions for confidence and a feeling of being loved are installed. Harry emerges from trance with a feeling of relief. He is calm.

Harry had his upcoming surgery with no complications, and healed quickly and easily. Better yet, Harry contacted me later to let me know that his blood pressure is getting better and his medication levels have been able

to be decreased.

I Deserve to Live

A lifetime of anxiety followed Lola. Originally, she came to me to stop smoking, but it evolved into so much more. She had a hard life and it showed up in her physical being. She is 5'2" and weighs 240 lbs. She has high blood pressure, and is a diabetic. She has reached a point in her life where she literally cannot breathe.

Lola grew up witnessing both verbal and physical abuse. She remembers her father breaking the jaw of her mother. Dad was a powerful "Mussolini" type who was wealthy and womanizing. Dad verbalized that his fantasy was "f***ing" little girls. Mom was both bipolar and alcoholic, and quite unhappy. Her parents divorced when Lola was ten years old. Lola never had a good relationship with her mother. At age twenty-five, Lola severed that relationship because she felt that her mother did not care for her, and did not like her.

In trance, Lola was asked to allow herself to feel the feeling she gets before she lights up a cigarette. She feels a feeling of hopelessness and simply just coping. She takes herself then to being twenty-four years old and realizing her mother didn't like her. Lola says "I knew it wasn't my fault."

As we further regress and investigate the origins of her feeling, she is in the womb of her mother. Her mother is trying to abort her. She is feeling helpless and confused.

I instructed Lola to imagine a magical balloon transporting her outside of the womb and going higher and higher to the universe where she can look down and see herself in the womb, just witnessing, just observing, and no emotion. I instruct her to go as high as she needs to go so she can observe without any emotion. She is now with Spirit. Her Higher Self is here. I ask her if it is okay to learn the empowering lessons she needs to

learn so that she can begin to heal. She answers “Yes.” I ask Spirit what is the learning. First, Spirit tells the baby inside the womb that “She’s not going to die! She will survive.” Then Lola says that Spirit is telling her that she deserves to live! This is the lesson that Lola must learn: *she deserves to live*.

Lola stopped smoking with that one session. She started to eat differently and take better care of herself. It was a profound session that started a life of change, a life of no longer being a victim.

Accept New Things

Randy came to me as a young man, age twenty-eight, who wanted to stop being a “picky eater.” Ever since he was around five years old, he would only eat chicken nuggets, pizza, french fries, and an occasional turkey and cheese sandwich. This kind of a limited diet is definitely not a healthy way to live.

In the intake conversation, I learned that his parents split when he was around three or four years old. He has not spoken to his father for fifteen years. His mother remarried when he was five years old. When he was thirteen years old, his step father announced to him that “You’re not my son!” The words *I love you* were never said in his household. He is now married and wants to start a different kind of life.

Randy goes into trance easily and he remembers being in the kitchen with his grandmother and mother at around age seven or eight. The milk was “bad” and they “didn’t back him up” and made him eat it. He is able to access the feeling of feeling panicked and scared right before he starts to choose foods. This feeling goes back to being around age five with the separation of his mother and father.

Randy had a deep belief in a Higher Power, so I asked him if it would be okay to contact the Higher Power to get a helpful understanding or message so he can let go of the pickiness. He agreed, and I then asked his

Higher Power for the information Randy needs. His Higher Power told Randy that this pickiness was just a way help with the scared feeling. What Randy needs to learn is to “Let it go,” and that includes “Letting the fear go.” Randy also needs to “Accept new things. It’s okay!”

Upon emergence, Randy had a smile on his face. He now understood about the limitations he was imposing on himself. He called me the next week to let me know he had broadened his food choices and was very thankful for the hypnotherapy.

Insomnia

David was a twenty-year-old male having trouble sleeping. He told me that it is hard to fall asleep and hard to stay asleep. He has to have the lights on. If he has other people in the room, then he can shut the lights off.

David states that he is frustrated and reacts with anger easily. He now lives with his uncles who are also angry people. His mother and father never married. His father left when he was age three, and then later returned when David was twelve. When David was fifteen, his father committed suicide. He thinks his father was bipolar. His mother used drugs. Basically, he states that he was raised with his grandmother and people were moving in and out of the house continuously.

When in trance, David easily is able to feel the stress before trying to fall asleep. This is the feeling that I have him focus on and increase the intensity. Without hesitation, David goes to being four years old. He is inside his house and his mother is attacking his brother with a pair of scissors. He runs into the other room.

I instruct David to allow himself to be transported out of the house in a magical balloon. He can go as high as he needs to go so he can be up in the universe with Spirit, his Higher Power. He goes so high that there is no emotion… only observation, only witnessing. When he gets to that level, I ask him to just nod his head. I instruct him to allow each breath to take him

higher and higher, as high as he needs to go. He nods that he is there. I ask David, “What is it, the positive empowered learning that you need to know, that will let you sleep easily and the whole night long?”

David says that “It’s not my mom’s fault. She didn’t know any better, she wasn’t in her right mind and things will get better. My brother must have felt something too since he was the one being attacked. When I ran into the other room it was because there was nothing I could do. I can just let this go into the universe, I can just allow myself to feel safe and secure in moms arms.”

David called me the next day and let me know that he was able to sleep soundly that night, the first time in a very long time.

Stomach Pains

Maria’s presenting problem involved stomach pains. She also stated that she cannot seem to relax. She works with children who have been abused. She also has two young children.

As a child, her mother abandoned the family when she was just a year and a half old. Her father later remarried when she was three years old. The stepmother was physically abusive to Maria, hitting her with belts and also being verbally abusive. As her father was unfaithful to the step-mom, the physical abuse increased by the step-mom. She would constantly criticize Maria stating she was too fat, too short, and not smart. At one time, around age nine, Maria remembers praying to not wake up.

Maria’s main complaint is the stomach pain that has increased lately. In trance, she is able to focus on the feelings coming from the stomach. I asked her if she would like to contact her higher power to gain some wisdom or message from Spirit as to what she needs to understand so her stomach can feel better. She nods her head yes.

I ask her Higher Power for a message. Maria states that “She needs to understand in a broad sense that it is NOT her fault.” Her step-mother did not mean to be mean, she had her own problems. Maria must also work on her self-worth. Maria must learn to let go and realize that pain is part of life.

Then, Maria announced that there was a message coming through from her grandmother who died two weeks before she was born and that was, “That she was loved!”

Once again, Spirit told her to “Just learn to let go and count your blessings!”

Her stomach pains seem to have lessened, and she is learning and practicing ways of self managing her stress.

About Seth-Deborah Roth

I have been in the medical field since 1969 upon receiving my Registered Nurse license. Initially, I went into Oncology Nursing. Later I worked in the operating room. In 1973, I went into the Nurse Anesthesia program at Kings County Medical Center in Brooklyn, New York. At the time, the hospital was at 3,700 beds. Hypnosis was initially observed in the operating room for a skin graft. Nurses were taught “Waking Hypnosis” for wound debridement. In 2000, I received official training in Hypnotherapy/Hypnosis. Later I became a member of the National Board of Certified Clinical Hypnotherapists, and a Certified Hypnosis Instructor. Currently, I am a fellow with the National Board of Certified Clinical Hypnotherapists. I have presented at the National Guild of Hypnotists, the International Medical & Dental Hypnosis Association, the International Hypnosis Federation, the American Board of Hypnosis, the Institute of Advanced Studies in Health, the Dermatology Nurses Association, Kaiser Hospital in Alameda, St. Rose Hospital in Hayward, Sutter Health Hospitals Alta Bates, Herrick and Summit in Oakland and Berkeley Seton Hospital in Daly City. I became nationally known on my appearance on the Discovery

Channel's "MythBusters," and I have presented twice on the field of medical hypnosis at the Association for Professional Hypnosis and Psychotherapy in London.

I was a recipient of the 2005 *Award of Excellence* in the field of Health from the International Hypnosis Federation. In 2011, I was inducted into the "Order of Braid" with the National Guild of Hypnotists. The Order of Braid Council is the centerpiece of the NGH Awards System and recognizes a lifetime of outstanding achievement, dedication, and service. In 2012, I was also included in the 2012 top 100 Nurse Practitioner Round-Up. In 2013, I was honored to receive one of the highest awards within the National Guild of Hypnotists the "Charles Tebbetts Award"—Spreading the Light of Hypnotism.

My approach is client-centered hypnotherapy (fitting the technique to the client). There is no cookie-cutter approach for working with people. Each person is different and has their own life events and reactions to those events.

My web site is www.HypnotherapyForHealth.com. My Facebook page, www.Facebook.com/HypnotherapyForHealth is constantly being updated with the most common thoughts and findings regarding Medical Hypnosis and the Mind-Body Connection. In addition to having a private practice, I also train others in the specialty of Medical Hypnosis including general training, cancer treatment support, IBS, and pain management.

Editor's Comments and Disclosure

While hypnosis can help many people with pain and other medical problems, pain is a warning that something is wrong with the body. Anyone seeking hypnosis for a medical condition is advised to EITHER see a qualified medical professional who is competently trained in hypnotherapy (such as Seth-Deborah Roth) OR consult with his/her licensed physician or licensed medical practitioner and obtain permission for the use of hypnosis

first. Neither the authors nor the publisher accept any responsibility for unwise choices made by anyone as a result of this book. We believe in freedom of choice, but you are responsible for the choices you make.

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Chapter Ten — Case Summaries

Patricia V. Scott, Ph.D.

When I was first approached with the idea for this book, I became very excited for several reasons. One, because I have had so much respect for Roy Hunter through the years and was honored that he would ask me to be a contributor. Two, because Parts Therapy, or Parts Integration, has been one of my favorite processes throughout my hypnotherapy career, which began in 1992. Throughout the years, I've found the concept of Parts work to be extremely dynamic and transformational for my clients for a whole range of issues.

There have been numerous synchronistic occurrences since I came into this fascinating field, and one of the more interesting ones has been the connection to my previous twenty-year career as a singer, actor, dancer, and songwriter. It took me a couple of years into this new career before I fully realized that being a performer was actually my preparation, literally my training ground for doing this work, and most definitely where I gained a profound understanding about Parts Therapy. The internal changes that occur when you completely take on all of the outward and inward characteristics of a character you are playing allow you to truly become the "Part," with access to their thought processes, beliefs, and emotions. Parts Therapy allows a person to go inside and gain access to information, emotions, thoughts, and creative ideas that can be elusive on a conscious level.

Another reason for my excitement about this project is that, for many years working with clients, it has become very apparent that the most dramatic and effective change work seems to enter into the realm of

spiritual enlightenment for the participant. Whether or not the client has a belief or understanding about the spiritual realm or not doesn't seem to be relevant. When the most powerful changes occur, even the most ardent atheist has a sense that they have tapped into something far beyond human consciousness or understanding.

After conducting these sessions, I have even more reasons for excitement. The personal and professional gratification that I have received, and continue to receive, as a result of these experiences has been beyond any of my highest expectations. I will forever be grateful to Roy Hunter for not only his contributions to my growth and education through his wonderful books and trainings, but for the great and generous gift of this experience. It is my sincere desire that you will receive useful insights and creative ideas as you read through my case summaries and transcripts that follow.

Hospice Volunteer Seeks Self-Worth

"Gretchen" (pseudonym) Facilitated by: Patricia V. Scott, Ph.D.

Gretchen is a Hospice volunteer who provides support for people in the final hours of their life. She is in her late fifties and has been a client in some form of counseling off and on since the 1980s. In the 1990s, she worked with a psychiatrist who employed hypnosis with finger signals to help her with flashbacks and issues resulting from childhood sexual abuse and PTSD. She is currently in counseling and on several medications including three antidepressants and pain medications for rheumatoid arthritis.

Gretchen's stated goal for our session was to be more aware of synchronistic coincidences and to improve her self-worth. She said her lack of self-worth expresses itself in her being overweight, isolating herself, and in personal hygiene. Although during the pre-talk, interestingly, she said the shower is her "safe place" where her emotions can come out.

In looking back at my notes on Gretchen, I found that in June of 2009, she ordered my hypnosis CD “Create Your Ideal Healthy Body” (which is mainly for weight and diet control), and another one with hypnotic background sounds. She later called to let me know she was enjoying benefits from my CDs even though she did not schedule private sessions at the time.

Then, over three years later, she attended the Hypnotic Fat-Ban™ class that I teach. This is a process created by Robert Otto and I offer it quarterly. Over a year later in October 2013, she volunteered to be a “practice client” for my hypnosis certification students and attended a “Spiritual Hypnosis” Master Class in May, 2014. At that class, I told her about this book project and she stated she was very interested in participating.

When we began the “Spirit Trek” session, she said the name for her higher power is “God.” When I asked her what question she would like to have answered by her higher power today, she said, “Why am I here?” After the induction, it was very easy to get finger signals from Gretchen, since she had previous successful experience with this. When we called out her higher power part and asked for its name, it said “It is I.”

When asked Gretchen’s question of why she is here, the higher power part simply said, “You know,” and “Love.” Regarding her self-worth, It said, “You are safe. You hold the flame; light it for others.” Then the higher power part (“It is I”) said, “Union of prayer, my little one. Through prayer I hear all of us.”

When asked how Gretchen would benefit in the future from this information, the message was, “Stay close to ‘it is he.’ He will show you. He knows. Be my child and stay close to ‘it is he.'” At this point, there was a noticeable sense of peace and calm that came over Gretchen, as if all of her burdens had been lifted and she was finally able to really relax and release the stress in her body. Her face became very smooth and she suddenly looked much younger.

When asked for words of wisdom to help empower Gretchen in the days and weeks to come, the higher power part said, “You’ve come full circle. Keep learning and follow the heart path. Travel.”

At the end of the session when I asked her to thank the higher power part, in her head she said, “Thank you, Waldo,” from the old book, and she laughed. She said the information about coming full circle really surprised her. Then, she realized that it meant that all negative karma is healed. She said she had a floating sensation throughout the process that reminded her of “tank therapy” with salt water that she had done in the 1980s. During this session she just floated and her mind ran away back to the 1980s.

She seemed to have a very lighthearted, almost playful attitude when she left the session. I asked her to follow-up with any further developments and this is what she wrote as a testimonial.

Follow-up letter from Gretchen (May 25, 2014):

Reflections: *The Spiritual Hypnosis session with Patricia Scott was incredibly powerful and healing. My previous experiences with hypnosis were all very positive and are outlined below. I admire Patti and sought her guidance because, like her, I believe our brains are an untapped reserve of unlimited potential and possibilities. I also believe our thoughts are our conscious and unconscious prayers. I’m interested in Spiritual Hypnosis because my image of God is as a conductor of an exquisite orchestra. I play a single instrument, but when in union with the Spiritual Cosmos I experience the full symphony of life.*

On a very tangible level I sought out this session to aid with some real life challenges. I’ve been experiencing anxiety with some very basic living skills. Taking a shower, picking at my skin and hair, eating and sleeping improperly were all growing more out of control as time went on. I was aware of the evidence of anxiety, but unsure of the cause of the challenges, let alone what to do. I felt a little like my life was slowly fraying at the edges.

The session with Patricia was amazing!! I felt like a person roaming a foreign country, unable to speak the language, finally bumping into someone who spoke English. I can't tell you exactly what happened in the session but, simply, at my core, I felt understood. A week later I can tell you it's a feeling of both peace and relief! It's like all facets of my personality are once again in sync and have a tool to communicate. I shower daily with relative ease, I've not eaten chocolate or gluten (no cravings), and I drink much more water. I feel like a new chapter of life itself has opened up. One where I'm aware of what my thoughts are manifesting. I find myself editing my mental tapes so to speak. For example, I am not afraid, I am challenged. Somehow I'm acutely aware of how powerful the words "I Am" are.

Gone is the anxiety, replaced by eager delight. Still unaware of the unknown, but definitely not afraid of it. I feel a self–soothing, communication, self love, like everything is coming together, not slowly coming apart at the seams.

I have known Patricia Scott, PhD, CHt , for at least five years and benefited from a number of classes and information sessions. I'm currently participating in her Hypnotic Fat-Ban™ classes. I'm an owner/handler of a TDI therapy dog and a Hospice volunteer. In addition to TDI and Compassionate Paws, I'm an 11 th hour volunteer providing support in the final hours of life.

Clinical Social Worker Reconnects with Spirit and Transforms Her Life

"Dianne" (June 14, 2014)

"Dianne" has done a lot of inner work for many years; and besides being a Licensed Clinical Social Worker, she has training in hypnosis and some additional training in "Parts Therapy." She required very little explanation before getting into the process. She also was a previous client of mine who succeeded at eliminating the smoking habit only after a couple

of brief relapses. Dianne is very visual and gets lots of imagery. The follow-up interview that I did with her a couple of months later unveiled a plethora of unexpected positive manifestations that made this, by far, one of the most interesting case studies for this project. Before we began, the client stated that her name for the highest source of power is “Universal Mind.”

Dianne mentioned that she had a lot of concern and sadness about her youngest son, who was on a very self-destructive path. His behavior worried her and resulted in her being very disappointed in him, feeling powerless and helpless to have any positive impact on him. She wanted her Higher Power to help her let go and allow others to have their path without her having judgment or fear … loving him regardless of his path.

The question she wanted me to ask her Higher Power would be, “How can Dianne remain loving and trusting?”

At this point I had her get into a position where she was comfortable and I could see finger signals, and began the induction. I got her finger signal for “Yes” (left index), “No” (right pinky) & “I don’t know” or “Not yet ready to answer” (right index), then proceeded with deepening the trance. Here is a transcript of the actual session:

PVS: Allowing that higher mind now, that unconscious mind to begin to tap into that part of Dianne that is most closely connected to that Universal Mind, that part of you that has that most intimate connection with the Universal Mind and how you think of that. So I’m addressing now, that higher power part of Dianne, asking it to emerge and expand in awareness and be able to communicate with us. And when that higher power part of Dianne that is most closely connected to Universal Mind is ready to communicate now, simply respond by saying, “I am here” or by moving the “Yes” finger.

[Received a strong “Yes” finger signal…]

PVS: That's right, so thanking that higher part of Dianne that has signaled that it has now emerged and come forward fully to communicate with us. And thank you because I am here to listen. We have some important questions for Dianne, and Dianne is listening as well, non-judgmentally and in the most open and trusting way, respecting that you are the higher power part of Dianne that has the most intimate, wonderful, closest connection to Universal Mind. And you are such an important part … So now I'm going to ask this Higher power part that has so graciously come forward to assist us, what name or title today would this higher power part like to be addressed? And you can use Dianne's voice and lips to answer.

Dianne: Aurora.

PVS: Aurora, thank you very much for that. And Aurora, Dianne is listening and I am listening, completely open without question or judgment, and we want to thank you profoundly for coming forward, knowing that, Aurora, you are the part that is most closely connected with Universal Mind and all of the information that is available through that connection. And now, Aurora, knowing that you always want what's for Dianne's highest good, we are going to ask you some questions, through that connection. And I am simply here to listen and accept unquestioningly. And Dianne is here to listen and accept unquestioningly, so now the question that Dianne has for you is, "How can Dianne remain loving and trusting?" And we will now stay very quiet as you use that connection to Universal Mind, we will wait for a response.

[Dianne began breathing very heavily at this point.]

PVS: There's something that can now come through.

Dianne: Be like a child again.

PVS: Be like a child again. Aurora, thank you for that response. And is there anything else that's coming through? That's right, trust it.

Dianne: Do the things you loved to do when you were a child.

PVS: Thank you so much for that response. Any other information or clarification?

Dianne: Tell the truth. Don't be afraid to cry and laugh.

PVS: So, it's okay to cry and laugh, that's right. Thank you for that, is there anything else?

[No response…]

PVS: Thank you so much. And that connection, Aurora, with Universal Mind, is still there. We want to keep that channel fully open throughout the rest of this process, trusting you as that highest power part of Dianne that does know even beyond the words of the questions, or even the words of the answers, so keep that channel open, we trust you and we accept your assistance. And now we want to ask, and will listen without judgment, that as a result of this information that you've graciously delivered from Universal Mind, how can Dianne benefit now or in the weeks and months to come? And we'll stay quiet now and listen.

Dianne: To be very still and quiet and listen. Then the answers will come while in nature.

PVS: Thank you, Aurora, and is there any other information or clarity you can provide?

Dianne: Purify with fasting, with lemon and water.

PVS: Thank you for that clarity, for that detail, for that guidance. Is there anything else?

Dianne: Walk in the rain.

PVS: And is there anything else right now?

["No" finger moves…]

PVS: Very good. Thank you for such a wonderful wealth of information and guidance. And now, Aurora, keeping that connection very open with all of the information from Universal Mind available for

Dianne's highest good, I'm going to ask now what new information, if any, is Dianne now permitted to know regarding her current life path? And we will stay quiet now and listen.

Dianne: *[Speaking very slowly now with long pauses between the words…]* She must open to receive … *[long pause]*… one who waits.

PVS: Any further information that Dianne is permitted to know regarding her current life path?

Dianne: She must go away alone for one week.

PVS: She must go away alone for one week. And is there any more information about that?

Dianne: She knows where.

PVS: Very good. Thank you for that. Anything else at this time?

["No" finger moves…]

PVS: Thank you for that new information. And before moving on I want to ask Aurora now if there are any other words of wisdom, of encouragement, or love for Dianne from Universal Mind? And trusting and staying quiet now.

Dianne: *[Breathing very heavily now, some emotion coming through and speaking extremely slowly with a full breath between words]* You are not alone.

PVS: Thank you, and is there anything else?

["No" finger moves…]

PVS: Very good … You are not alone, that's the message. Thank you, Aurora, for assisting us here today *[…heavy sigh from Dianne]*. And, Dianne, you can thank Aurora for assisting you today, and in ways that will continue long after you leave this experience. Allowing that higher power part of Dianne to reintegrate with all of the amazing parts that make up all that Dianne is, in this realm. And allowing Aurora to deliver all of the insights, information, awareness and learning, allowing all of the parts to come together and reintegrate, to be in harmony, in peace and comfort.

I gave additional suggestions as well regarding her ideal empowerment and allowing guidance from Universal Mind to help her and shine the Light on her perfect, right, best, and healthiest pathway… and then emerged her from hypnosis.

Post-discussion – Many insights and plans for Dianne

Dianne had a "Spirit Guide" who had shown up for the first time at a previous session with me, and showed up again during this process. She is a woman with really large, clear blue eyes, very tall and slender with a long, white, very full robe or dress that hides her bottom half. She has a thin face and very narrow shoulders, but very beautiful with long, straight blonde hair past her shoulders. She said she wants to paint her because she doesn't remember ever seeing that face before our last session. After a while, it is as if she and the Spirit Guide are the same person. The Spirit Guide became Aurora in this process and gave her the information from inside of herself.

Dianne expressed surprise that there was so much emotion during the process. She said she felt she was really deep in hypnosis and it was difficult to even speak. She had no idea where the name "Aurora" came from. She also sensed a "Spirit Guide" who apparently was with her in a previous session as well.

She said it made sense because, to be like a child again is to be authentic, which is a big thing for her. Also, it was important for her that it came out that it's okay to feel and express emotions without holding back or judging them. She said, as a child, sometimes we're told, "I'll give you something to cry about," or to hold our emotions in, which can be very damaging. *[Reminder that Dianne is a licensed counselor!]*

When asked about the comments, "She must open to receive … one who waits" and "She must go away alone for one week … she knows where," she said she knows the perfect place, a place she has thought about

going for years and years. She said noise has been a very bad pollutant for her lately, so this would be really good and she could fast and work on her book and paint.

Two-Month Follow-up:

Two months later, Dianne told me that she looked up the meaning of Aurora, and found that the name means "First light of day," like the dawn. She also took her week off as Aurora recommended, and said:

I knew it would take planning to take a whole week off, and I wanted to go tubing down what I had heard was an incredibly beautiful river called Rainbow River by Crystal Springs. So the very next day, I headed up there and got lost and ended up at Crystal River at a place where they rent kayaks. So, I rented a kayak and went down this beautiful river fed by natural springs….

Oh, and I started my artwork again. I've been painting and drawing again, which is amazing because I haven't done it in years. I'm going to take my sketchbook to Ashville. I found these cards with words on them, "dream, love, hope, live, laugh, believe", and I started making sentences out of them. I have been spending a lot of time alone in nature, as Aurora said to. I also joined a yoga studio right after our session and have been going five to seven times a week.

My entire life has changed. It's like it connected me again with my spiritual self. I felt like I had gotten off the path on a detour.

Dianne told me that she is going to the beach and woods more often, with enhanced ability to hear the sounds of nature. She also indicated that she planned on going to Sedona next winter. She continued…

I've been working a lot on my mind, now, meditating and doing a lot of reading. It's like my whole life has changed and I'm back on track again because I've reconnected with my Spiritual Guide. It's given me hope, I was feeling pretty depressed. Now I'm feeling free, complete, total freedom. I'm not all the way there yet, but I'm on the road.

I'm working less, I was working myself to death. I'm going down to working three days a week because I don't want to work as much. I want to write my book, and I want to include chapters of people who I've helped using hypnosis.

Realtor Seeks Assertiveness and Gets More than She Bargained For!

"Autumn" (pseudonym) May 14, 2014

Autumn was a very interesting case study because she had no previous experience with hypnosis; but she allowed herself to go very deeply into the process, which brought out some unexpected insights and understandings for her.

Her desire was to be more assertive and be a "go-getter" in real estate. She also wanted to overcome her fear of rejection and become a better communicator. Autumn felt that her past was part of her problem. When she was only six or seven, her father abandoned her and claimed that she was not his daughter. Her mother raised her as best as she could. She summed up her past with the label: *a lack of love, and abandonment.*

She carried her past into her marriage; but was fortunate enough to marry a man who loves her enough to stay with her. This helped her start strong in real estate; but she lost everything when the economy went south. Furthermore, her grandmother urged her to contact her father again, but she wants nothing to do with him.

Since Autumn had no previous experience with hypnosis, I gave her a thorough explanation of hypnosis as well as both the parts therapy process and the concept of calling out the Higher Power. The transcript begins after the induction…

PVS: I'm asking the higher power part of Autumn that is most closely connected to the highest source of all power if it's willing to come through and communicate? It is important for Autumn's highest and best good for

the higher power part of Autumn to come forward and provide some words of wisdom. Autumn is willing to listen and I am willing to listen, and when the higher power part of Autumn is ready to communicate, please either say the words, “I am here” through Autumn, or move the “Yes” finger.

Autumn: *[Her “Yes” finger moved…]*

PVS: Very good, thank you for that response. We appreciate this wonderful part of Autumn that is most closely connected to the highest power. And now that you are here ready to respond, I’d like to know as we communicate with this higher part of Autumn, what name or title would you like for us to call you?

Autumn: “Michael.”

PVS: Thank you, Michael. We know that you, Michael, have the best ability to be connected and access all of the information to answer this question now that Autumn has. And the question that Autumn has is, “How does Autumn let go of the fear of rejection in order to become more assertive in her sales, in her career?” And allow the answer to come from the higher power part, Michael, in whatever way Michael presents it is perfect, without the need to interpret or understand.

Autumn: Michael says, “That is not necessary.”

PVS: Michael, can you please clarify?

Autumn: There’s no need to let go of fear.

PVS: Thank you for that communication. As a result of this information that you so graciously shared, how can Autumn benefit now or in the weeks and months to come from this information?

Autumn: She needs to heal her heart.

PVS: And is there any information that you can offer, Michael, to Autumn and to myself, Autumn is listening and I am listening, and Michael, we’d greatly appreciate any information, if it’s appropriate, regarding Autumn needing to heal her heart. Any more guidance on that? Trust the first thing that comes.

Autumn: Forgiveness.

PVS: Forgiveness, thank you so much for that. Because I know that you, Michael, being the part of Autumn that is most closely connected to the highest source of power, have insight about that forgiveness. So with that connection to the highest source of power, Michael, what words of divine wisdom do you have that will help to empower Autumn in the coming weeks and months?

Autumn: Forgive yourself. You are already divine.

PVS: Thank you for that communication. And now, Michael, I'm going to ask you what new information, if any, is Autumn now permitted to know regarding her current life now? And we'll be still and wait for your response.

Autumn: You chose this path and the people in it. Your parents, even though they are not what you want them to be, they have taught you how to be strong and overcome obstacles in your adult life.

PVS: Thank you for those words of wisdom, Michael. And before we move on here, yes, I'm getting a finger signal of 'I'm not yet ready'. Can you tell me what that represents?

Autumn: She has gifts that have yet to be tapped into, but she is not using them.

PVS: Very interesting. And any advice for Autumn regarding these gifts, any insights on how to tap into them, perhaps?

Autumn: More time in nature and more time in meditation will unleash her gifts.

PVS: Wonderful, thank you for that insight. Are there any other words of wisdom, encouragement, or love that you would like to offer Autumn as she continues her journey in the coming weeks, days, and months with this new information?

Autumn: Real estate will pick up, and she will be successful. She just needs to learn patience.

PVS: And is there anything you can offer Autumn regarding learning patience?

Autumn: It's an ongoing process. She already knows what to do.

PVS: Michael, are there any other words of wisdom, encouragement, or love that you know Autumn will need going forward?

[At this point, Autumn broke into laughter and said, "I'm sorry"…]

PVS: What?

Autumn: He said, "You already know we've all got your back."

PVS: Very nice, there you go. So unless there's anything else for now, you know that Michael will continue to bring messages forth, as he always does, from that higher source, just when you need it. And because of this connection here today, you can trust and know that you've opened up that channel and given permission for that connection to be there even more powerfully in the days and weeks to come. And you know that it will present to you in consciousness insights, ideas, creative thoughts, that are in line with what Michael, guided by the highest power, knows is right for your life path. And you will know that it's right. So knowing that more is to come, and looking forward to all that is coming, we want to thank Michael, this wonderful higher power part of Autumn, and allow all of the parts of Autumn, now, to be aware of all of these insights and guidance. And if there is any other part of Autumn that has something to contribute or has any comment on anything that has been brought through by Michael, to know that we're willing to listen. ["No" finger moved] And I believe that's a no response, is that correct?

Autumn: The only thing he said is that I'm going to have a dual career.

PVS: A dual career, that's nice information. Any other information that's coming through?

Autumn: That's a lot.

PVS: So, now we can know that all of the parts of you are in agreement and on board for all of the information, all of the insights. And all of the parts of you now reintegrating. The higher power part and all of the parts of Autumn coming together in harmony, working together in peace, and balance, and harmony.

Before emerging Autumn from hypnosis, I gave her some additional empowering suggestions based on the information Michael provided. After the session, Autumn told me that Michael was the Archangel Michael … and that he held her hand.

Follow-up phone call – June 4, 2015

Autumn said her real estate business has been going very well. She has a second career now and does Reiki and another form of consulting that she is really excited about. She indicated that she has had a LOT of unexpected positive experiences that came out of her session with me.

Regression while Wanting to Make Better Decisions

"Victoria" (pseudonym) June 25, 2014

"Victoria" was a former client with many physical challenges, including hypertension, thyroid problems, and osteoarthritis. She was referred to me for help with lowering her blood pressure and had great success utilizing private hypnosis sessions and my hypnosis CD for stress, "Recycle Stress into Positive Energy." Here are two e-mails she sent on consecutive days. The **bold** emphasis was hers.

First e-mail: May 16, 2005

P: My blood pressure was out of control, 189/106 today. The docs couldn't get the meds right and it was going higher and higher … I started using my trusty CD again this afternoon. Twice through and it is at 160/80; not good … but … one heck of an improvement. v .

Second e-mail: May 17, 2005

Subject: Thank You!! **140/78!!!!**

Third e-mail, 5 years later: February 15, 2010

Patti! Learning techniques from you was the best gift I ever gave myself!

Hope you are reaping many blessings from your work! V.

I guess that says it all. These are the kinds of e-mails hypnotherapists love to receive. Obviously, with this background, Victoria had great potential for being an excellent candidate for this project. This may be the understatement of the year! Victoria's experience and the follow up information she provided made this project not only transformational for me on a professional level, but gratifying beyond my highest expectations.

Following is a summary of the session after the pre-talk, and after explaining parts therapy and the premise of this process. The discussion was longer than usual because of the extensive history of Victoria's challenges and the progress she has already made, which has been significant. It was obvious to me as we spoke that there was still something very important that seemed to be interfering with her further progress and I was hoping this process could help her with that. I felt it was important to include much of this discussion in order to give insight into how I was able to help Victoria discover and clarify what her intention really was and what question would bring the most helpful information.

Session pre-talk:

After I explained the process, I asked Victoria what important question she wanted answered regarding her life. Her answer was:

"Why has it been so hard? I can deal with going forward if I know what I'm doing to manifest this to myself, then I can change the next however many years I have. And I truly believe that people bring things to themselves."

She realized that there is a decision-making process, and sometimes we make bad choices; but she was uncertain whether bad decisions were bringing on the situations she was dealing with. Victoria wanted to know

what she was doing to creating similar situations over and over again. Her question was: “What am I doing, and why am I doing it?” At age sixty-five, she was getting tired of repeating trials.

She believes in reincarnation, and believed that her children came with their own preset things in them from past lives; and she felt that it was fascinating to watch them grow up. When her grandson was born, he came into the world with a very strong personality, with very strong likes and dislikes. Furthermore, he understood everything about 60’s music. And when he started learning German, it was easy for him.

Her childhood was filled with abuse, violence, and poverty. One of Victoria’s brothers was (in her words) a “total nut-bar” – while another brother committed suicide. She felt worn down by her past and her family problems, and was ready to make a change. A recent attack by a dog motivated her to ask, “How can I turn this around?”

Before beginning the formal process, Victoria stated that her name for the highest power is “Jesus,” although for her that incorporated “Muhammad” and “Buddha” and many other sources. We also clarified her important question that she wanted the highest power to answer today. The question now is, “How can I make better decisions for me?”

After appropriate induction and deepening techniques, I helped her establish finger response signals for “yes” (right middle), “no” (right thumb), and “I don’t know” or “not yet ready to answer” (right pinky)…and after verifying depth, I called out that part of her most closely connected to Jesus.

Her Higher Power part simply wished to be called “Victoria.” Usually the Higher Power part chooses a different name; but I noticed a significant difference in both the energy and voice tone. Perhaps this “Victoria” may have been her Higher Self.

Next I asked the question, “How can Victoria make better decisions for herself?”

The response was “Control…”

Then I asked her to expand on that; and the response was: “Victoria needs to take control. She’s been observing. She doesn’t need to do it for everybody else…. make decisions for everybody else.”

Her Higher Power told her NOT to make decisions in the light of what’s right for everybody else; but instead to have responsibility. It’s not selfish to make decisions for herself. Victoria does not have to understand everybody’s point of view… or even care about their point of view.

My next question was to ask how Victoria could apply this information in the coming weeks and months; and the response was “Be more focused and clear. Do what’s best for Victoria rather than for other people.” Her higher power also told her to stop being the observer; and that Jesus told her to take down the wall.

After integrating her Higher Power into divine harmony, I gave her positive suggestions for more information and help before ending the formal trance.

Post-Session Discussion

Victoria said…

If I could describe that to you, there was a ride in Disneyland where you like go into this telescope and you’re starting out here and then you go back and back and back until you’re a molecule. It was amazing, that’s the only way I could ever describe that experience. It’s like going back to who you really are, not the presentations of who you are. It was an amazing feeling, very, very cool. It was like it started with this persona, and then as you go back and back and back, it’s like this is who you really are and you need to get to know this person.

I almost hesitate to say this, but I must have seen at least ten different very specific shifts to different faces. Once I saw some type of animal. I’m not sure what it was, but seemed almost like a badger or something. So I had a feeling a lot was going on in there. I told Victoria that I really have no

words for it, as they are insufficient to fully describe what happened. She also had insufficient words to totally describe the experience. According to Victoria, it was almost like a passage back in time with a sense of what she looked like and felt like in a past life.

Follow-up e-mail from Victoria

DATE: June 25, 2014; SUBJECT: Images

Wow!! Images a flying through my mind. A big one for, for me, was remembering how thrilled I was to hear the names read at my daughter's graduation from UND. Names like Howling Wolf as surnames. I felt so very proud and connected to them. My daughter had just received hers, but, I was excited over the native names.

Also, after several guesses at how to spell it, The Battle of Conneraf {correct spelling " Clontarft " I think.) occurred in 10 ??. The Irish pushed the Norsemen out of Ireland. Maybe I read that somewhere, I don't think so. [Note: This was the battle that came to her in our session.] My son has always said the animals come to my yard to give birth or just hang out because they know they are safe. V.

In a later email dated August 26, 2014, she told me that she found each place, and felt like she took "Mr. Toad's Wild Ride" at Disneyland. She no longer has night terrors or sleep issues. She concluded by writing:

As an aside, my son sent me a picture of a cottage in Ireland that he wanted to renovate and use as a weekend or vacation getaway. I had seen this cottage in my dreams forever, the garden…all of it. The only difference was that in my dreams, it was far from a road and isolated. The city has grown and spread. The current name of the cottage is "Moss Cottage". I said no, the name was something to do with birds. The original name for the first 100 years of its existence was "Lark Cottage", sometimes translated as "Wren's Cottage". It will be fun to visit when I go to Ireland in the end of the year.

Thanks for the opportunity and best wishes on your portion of the book. v.

Hospice Nurse Seeks Answers; Receives Surprises

"Vera" (pseudonym) June 5, 2014

Vera is a Registered Nurse working at Hospice. She is a Reiki Master, does Healing Touch, Therapeutic Touch, and has a Bachelor's Degree in Alternative Medicine. In high school she did creative writing and artwork. She may be getting laid off from her job within a month and has a lot of apprehension about where to go. She would like to get out of the traditional medical field and pursue something in the alternative field. She feels directed to perhaps starting her own business, but would like to be in a place that is more creative, loving, and healing. She also has a background in nutrition, but stated she just doesn't know how to focus and direct it. She has helped friends and has a hard time asking for money. As a nurse, she says she always gave freely of her time, knowing God and the universe would compensate. She would like to have the freedom to speak, to travel, and to teach, and has been working toward that for many years.

She correlates her situation to Indiana Jones, when he has to take a step across a large cavern without any visible bridge or walkway and part of the code he read says you just walk across and as you walk the steps will come. As he takes the first step, a walkway begins to appear beneath his feet. In her mind, this is what she has been envisioning, that she just has to take the first step and the support will be there. She feels that the way things have been unfolding with her job, that she's being prepared.

She prays a lot; and her name for the highest power is "God." Her question that she would like to have answered is, "What direction should I be going?"

After an induction and deepener, I elicited the finger signals for “Yes” (Right Index), “No” (Left Index), and “I’m not yet ready to answer” or “I don’t know” (Right Pinky).

When summoning the higher power part of Vera that is most closely connected with God, there was a very strong “Yes” finger signal. ,However, even with repeated attempts to create a safe and comfortable way for her to communicate verbally, Vera was unable to speak. Upon asking what that part would like to be called, she kept moving her mouth but no sound was coming out. As we continued, it became very apparent that although we were receiving very strong finger signals, her mouth would continue to move but she was unable to speak. This made it necessary for me to get very creative with asking questions that could be answered by finger signals, which continued to be very strong and responsive throughout the rest of the session.

I went through the rest of the questions for the higher power part, receiving signals, and offering supportive suggestions for Vera to know that a part of her is receiving what it needs. After receiving a strong “Yes” finger signal to acknowledge that all of the parts of Vera are in agreement and aligned with the information that has been received today, I brought her up out of hypnosis.

In the post-session discussion she said that there weren’t really words coming to her. She was seeing different lights that sometimes were bright lights, and then there were blue lights that were in a kind of pattern, sometimes swirls. She said, “They were very restful. Then toward the end it was kind of weird, as if I could see a throat that was open and stuff was “gooing”—gushing out. It wasn’t blood, and it wasn’t like a cut or anything; it was just like stuff coming out, but kind of weird. Throughout the whole thing it was just very relaxing and like I didn’t have the energy to do anything. Very relaxing.” When I mentioned that it didn’t look like she was consciously moving her fingers, she said, “No, I wasn’t even aware. It

was kind of like I was in an empty space. I mean, I had no thoughts of anything else and I could kind of hear you in the background." I explained to Vera that sometimes the messages are outside of awareness and since she was getting finger signals, to trust that something helpful had taken place. She said that even when she prays, and she prays a lot, she doesn't really feel anything.

Then, Vera told me something that I thought was quite interesting. She said the thing that startled her was about the throat part. In the past she had some cancer removed from her chin and a friend of hers who was intuitive told her that the area around her mouth, chin, throat, is vulnerable because she doesn't vocalize, speak, write, or communicate in a certain way and that she needed to let that go and allow things to flow. She told her it was basically stuck energy. This began a discussion with her about how our consciousness takes in ideas and creates internal representations, and even though she said that was a long time ago, it came back to her after the vision of the throat.

This session was one of the best examples I have had in recent history that confirms to me that when our intention is clear and positive as a facilitator, and the client has something that is important to them, the wondrous mind will find some creative and unique way for it to manifest. Read Vera's e-mail to me about a month after our session during which she at one point said, "Nothing really happened"!

Follow-up e-mail from Vera (July 9, 2014)

Hi Patricia,

I just want to write a brief feedback regarding our session on hypnosis and spirituality I had with you last month. First of all, my husband and I took a trip for several weeks a few days after our session. During that time, I had two phone calls from two different people who wanted more information regarding the work I want to do. Out of the blue, a third person called me as well. The day prior to leaving on my trip, I had lunch with

another woman who is a Reiki practitioner as well. We connected and now we are planning a Reiki presentation on July 28and a Reiki workshop in August. I also have had many confirmations regarding the direction for my life's work. I now have a paying client who I have been seeing once weekly and this is going well. My life's work is taking shape, becoming clearer each day. I am starting my new business/life's work, speaking with a lawyer, accountant and banker to get me started. Several people are coming up to me, offering their services and help in creating a Web page and other necessities for business. I even have had several nurses I've known for years, call me, wanting to work for me. You mentioned that something may happen. Well, lots of things are happening. Spiritually, I feel more confident and close to God and His guidance. I am calm and peaceful for the direction my life is taking, trusting that it is good and positive.

Thank you so much. If there is anything I can do for you, please let me know.

Peace to you,

Vera

Several Parts Show Up to Help Accident Victim

"Arielle" (pseudonym) July 30, 2014

"Arielle" is a woman in her forties with a lot of abuse in her past who was looking to find out what good could come from a recent accident. She has a lot of experience with inner work and hypnosis, so we were able to get finger signals quite easily from her. Her name for the highest source of power is "God," and when her higher power part that's most closely connected with God came forth, it said its name was "Light." Arielle's voice became very slurred and her words were slow and drawn out throughout the rest of the session.

When we asked *Light* what good will come from her accident, the answer was, “Greater trust, perspective, and gratitude” and “Our body’s not that important.” When asked how Arielle could benefit from this information now or in the weeks and months to come, *Light* answered “Slow down.” When asked for divine wisdom to help her with that, *Light* said, “She can do lots of things, and she doesn’t have to be perfectly well physically. I can do things for her. She needs to get out of the way. Pain is not a big deal. Things happen in my time.”

When asked if there was anything else, Arielle said, “I see lots of purple pillows and color.” Then I asked if there was any new information Arielle can be permitted to know regarding her current life path; and *Light* said, “It’s beautiful. It’s not always perfect, but it’s beautiful. It’s slow… it’s slower than she thought. It’s easier than she thought.” Then Arielle started crying and said that she did not know why….

Finally, I asked if there were any words of wisdom, encouragement or love for Arielle. *Light* immediately replied, “You don’t have to try so hard. It’s okay to be broken, it still works. Just keep walking, slowly walking, just keep walking. Lots of friends, depend on friends too. It feels good.”

She was also told that it is very important that she has her own place. *Light* said, “Don’t forget me. Arielle can be a bully, she forgets me all the time.” When I asked *Light* if it had any help that would allow Arielle to remember, it said, “Yea, I’m glad she got hurt ‘because she’s gotta slow down. Now she remembers me more ’cause she had to.” *Light* reminded Arielle to stay grateful, and that *Light* is always here. Suddenly, Arielle began talking about loving her cat that she thought was gone.

When I asked if any other part of Arielle had something to add, she said, “When is it going to end?” I asked where this came from and she said, “I guess my brain… my attitude.” I suggested we give this part a name and she said, “Baby Girl.” I asked *Light*, with its connection to God, if it could answer Baby Girl’s question. *Light* came back with, “It is what it is.”

Baby Girl indicated that didn't help her, so I asked *Light* for more. It said, "You can make rest," and Baby Girl accepted that answer. *Light* added, "You can laugh, too, you know… and have fun."

Another part called "Memory" showed up and said she just feels like she's shoveling all the time and wanted to know how to deal with all the junk from old. *Light* told her, "Everybody shovels… everybody's got junk… it's okay, put the shovel down and live in the moment. It's buried for a reason… because things that get buried very often make beautiful plants. You have to unbury that stuff… make it make things grow."

Memory replied, "Lots of pretty flowers… I forgot, pretty flowers. Everybody likes the flowers… Everybody, not just me." Arielle was crying at this point. "You don't have to dig them up, just let them grow." When I said to Memory that it could put the shovel down, it replied, "It's like shit makes good fertilizer" and Arielle laughed.

I confirmed that *Memory* and all of the parts were now satisfied and even happy, and thanked all the parts and invited them to come back together as a nice integrated whole. As she was coming back from the experience, Arielle expressed that she is so glad she has *Light* and that it feels good to cry and let things out.

During our post-session discussion, Arielle said she had a memory of her mom during the process when *Memory* made the comment about "Shit makes good fertilizer," She said she could feel *Light* when she was speaking, and she was a she. All of the messages made sense to her and all fit together. She realized she needed to relax and be grateful and to trust, and then "Bully Arielle" doesn't have to figure it all out. She was surprised when *Memory* showed up, because she saw the shovel and wanted to just bury everything, but it was like, wait a minute, that's where all the good stuff comes out of, all of the flowers that everybody else sees. That really made sense to her and she realized she's fertile and rich. "More soiled maybe than some other people, but look at the beauty that comes out of

that." She started crying because everyone loves the flowers and are always saying how beautiful they are and they smell so nice and she had been pulling them out like weeds. When *Baby Girl* showed up it made her want to go out and get a pinwheel. It's like she was given permission to play.

Arielle said this has been fantastic because it opened up a whole other perspective of, "Oh, yeah, I can do this." The garden was really significant, because she had the most fertile garden when she was young.

Final comments from Arielle: "I can tell you one thing that's really cool right now. I like myself better than when I came in. I liked myself before, kind of, most of the time; but I really like myself now. Also, you know what's weird about the whole thing is my back feels better right now."

About Patricia V. Scott, Ph.D.

Patricia ("Patti") is a Board Certified Clinical and Medical Hypnotherapist (since 1992), Certified Master Trainer for the International Association of Counselors & Therapists, Certified Parts Therapy Trainer for the Tebbetts Parts Therapy Foundation, and Life Fellow with the International Medical & Dental Hypnotherapy Association. Patti is President of UP Hypnosis Institute, a Division of Unlimited Possibilities Hypnosis Inc., in Palm Harbor, Florida, where she maintains a private practice and offers internationally recognized Certifications and continuing education in Hypnosis & NLP and personal development classes for the general public. Previously, Patti had a highly successful and diverse twenty-year career as a professional singer, actor, dancer, and published songwriter.

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Chapter Eleven — Case Summaries

Ray and Joni Zukowski

Katie – Grief Relief Saved My Marriage

Gerry and Katie came together to see me for a consultation for weight loss. Gerry wanted to reduce his weight and help alleviate back and neck issues from being a truck driver for most of his life.

Gerry was a truck driver for many years and told me that the long hours sitting in the cab of his truck while a crew unloaded the track led him to be bored, and he turned to eating. It started mostly six years ago after his son died. Katie chimed in at this point and began to tell me how much she missed her son. He was her life. He was an exceptional athlete. He played football and had even played in the Rose Bowl. Katie was sweet and went on and on crying all the time. It was obvious to me that she had loss and grief issues, but she was not the client, so it was not my place to suggest that I might be able to help.

At the information intake portion of our first session, Gerry related to me that his wife has not been able to get over the death of her son and cries every single day over it still after six years. He also told me that he was not sure how much longer he could take her depression and crying. He was considering leaving her after thirty-three years of marriage.

When I would call to confirm our appointment with Gerry, I often got Katie on the line. She was a very sweet lady and would keep me on the phone for about thirty minutes telling me about her son and crying all the while. She would always finish by telling me that someday she was going to come in for hypnosis to see if we could help her.

One day out of the blue Katie called me very upset. She said she could not handle the grief any longer. Could I do a hypnosis session with her that day? I could hear the desperation in her voice and we settled on 1:00 p.m. that afternoon.

When Katie came in, she was composed, but wanted to get something resolved so she and Gerry could move on with their life. I put Katie into hypnosis and began to have her remember the good times with her son. Then I began to see about helping her to release her attachment to her son, and how this continued attachment was disturbing her life and marriage. She cried a lot but was doing much better.

It was now time for me to take her to her higher consciousness state. I then had her become aware of the spirit of her son. She began to cry again and told me that she had been holding him back where he was, and that he needed to move on…but would not leave her until she was ready. She felt bad about holding him back.

Now was my final move to bring about her release. I asked her to now say her final goodbye to her son and let him go once and for all. Katie spoke out loud as she said goodbye to her son. It was very long, moving, and deeply heart-felt. Now I prepared the final closure for her. I asked to have her son say his final goodbye to Katie.

To my amazement Katie broke out laughing. I asked what was funny. She became serious and said her son just said “Bye MOM, love you!” and was gone in a flash.

I brought Katie out of hypnosis and asked her if she was upset about the abrupt response from her son. She laughed again and said I didn’t understand. All her life her son had gone out the door and simply said, “Bye mom, love you”.

She added, “That was so him exactly. I heard him say that so many times I knew it was him.” Then she asked me, “But what can I do about my marriage? I don’t know what to do?”

I suggested that every time she passed by Gerry she lightly nonchalantly tap him on the shoulder and say, “I love you.” This is what we call and the Anchors and Triggers technique. She was skeptical but happy to follow my suggestion. Katie left in good spirits and I asked her to call me and let me know how she was doing.

A week later Katie called me to let me know how she was doing. She told me that she had not cried since our session. She had no desire to cry any longer. Her friends and family were astonished and she just told them she had no desire to cry any longer.

She also told me the other amazing part. She followed my advice to the letter. Every time she passed Gerry she would just touch him lightly and softly say “I love you” and just keep on going as if it was the most natural thing to do. The other day she was going by and tapped him. Gerry reached out and grabbed her and pulled her down onto his lap and planted kisses all over her face and told her he loved her too. They are closer now than they have been for many years. It was now my time to have tears in my eyes for my clients.

Dina – If you can’t change them one way, try the higher route

It was a typical Wednesday in hypnotherapy training. We were doing Higher Consciousness training in class this day and I always start off with a demonstration. Dina volunteered; and I asked if there was anything that she would like to work on during the demonstration. She asked if it was possible to change her relationship with her older sister. They had not been close for as long as she could remember.

I told her that I was going to use a method I had learned about from the Hawaiian Huna tradition. If you cannot reach them consciously, use the higher consciousness to send them a message.

In this class we put the client or student into a deep state of hypnosis called the Esdaile State. This state is so deep that you do not speak, move or feel any pain. It is named after James Esdaile who did over 350 major surgery operations in India without an anesthetic. We park the body there safe and comfortable and then disassociate the body from the consciousness.

We then release the consciousness from the body and begin to move it to a very high level of consciousness. This sounds weird but is really is not very difficult or dramatic.

When Dina was at the right place for our purposes, I had her become aware of her higher consciousness. When she was there, I asked her higher consciousness to give her a private message. Most people receive a message that is profound and moving for them. Tears of happiness most often flow. Unlike the Esdaile state, at this level, Dina can readily speak.

I asked her to think of the message that she wanted to send to her sister's higher consciousness. When she did this, I had her focus on sending this message powerfully to her sister. There is no time or space involved in this type of transfer. See it, feel it, use all your senses in sending it. It was done.

I slowly brought Dina back retracing my stems and returning to full waking consciousness. We reviewed the session with anticipation.

When Dina returned home from class, she found a message on her answering machine that her sister left at 11:00 a.m. It was just after we had completed our hypnosis session. Her sister said that she was thinking about her and just wanted to say hello. Dina was astounded. She and her sister normally only contacted each other on Sunday, and then their conversations were very superficial: "How is the weather down there?" type of conversation.

Dina called her sister and they had the best conversation that they have had in many years. When Dina returned to class, she said she was amazed, and detailed her experience. I suggested that she repeat the hypnosis session daily and see what happens and to obviously keep us informed.

Dina faithfully followed the procedure we had done in class and, low and behold, her sister called her two weeks later crying and sobbing on the phone. She told Dina that she was so very sorry that she had treated her badly since childhood because she was jealous of all the attention her little sister received and that had widened and strained their relationship and further that she no longer wanted that and wanted to be closer to Dina. Since then, they have enjoyed a wonderful close relationship that they never enjoyed before.

Rose – Stiff Neck Syndrome

Robin was a student in our hypnotherapy classes. We often get to work with our students much more as our paying clients want their particular issue cleared and then move on.

Rose came to class all upset one evening. When asked what was the matter we were told that she had just come from the doctor and was informed that she would have to begin wearing a neck brace. Rose was in her late twenties and had aspirations not only with hypnosis but even more of being a rock singer. She had suffered a condition known as Stiff Neck Syndrome all her life. It is a condition that gets progressively worse with age. She thought that “with age” meant when she was much older. How could she be a singing star with a neck brace? She was also told that the brace would eventually be extended down her back to protect her from breaking her neck and possibly causing paralysis.

I asked if she wanted to explore this with hypnosis and she was ready to explore any alternative. I did the hypnotic induction and deepened her to Somnambulism (the typical level for exploration like this).

I asked her to feel the feeling in her neck and build up that feeling. I then counted backward from five to one and had her follow that feeling back to the first time she experienced the neck trouble: “Three, two, one… be there! Are you inside or outside?”

Rose: Outside

Ray: Is it daytime or night time?

Rose: Day time

Ray: What are you aware of?

Rose: There are people around me. They are putting a burlap sack over my head and have a noose.

Ray: Why are they doing that?

Rose: They think I am a witch.

Ray: Are you a witch?

Rose: No, I am not a witch. I am a woman of the land. I help local people by administering herbs for healing. Because they don’t understand this, they think I am a witch.

I stopped Rose here in this line of questioning as she was beginning to become agitated. Once a client knows where the issue has started I do not let them go through the event, especially this event.

I asked Rose that now that she knew where this issue started, whether she needed to carry this memory and emotions any longer. She indicated NO. I then asked her if she could forgive those that had wrought this fate upon her. She said that they didn’t know any better, and said she could forgive them. Forgiveness is a very powerful action for releasing in hypnosis. I then asked her if she could forgive herself for carrying this emotion for so many years. She indicated that she could, and she proceeded to forgive herself as well.

She indicated that this event had been cleared. I brought her back to the present into her peaceful place. I then asked her if she had any feelings associated with her neck anywhere in her body. Rose indicated that there

was still an issue in her neck. In hypnosis, there can be more than one event causing an issue. We sometimes go to what we call the Activating Event. There is often an event that created the issue prior to the Activating Event. This is called The Initial Sensitizing Event.

I followed my same procedure as previously and waited for her to be there. This time she was in France. She was a part of the aristocracy. Unfortunately this was not a good time to be the aristocracy. The peasants for the time had been downtrodden long enough and were revolting against the aristocrats.

Rose found herself being herded to the gallows by the peasants. Rose described in detail how the aristocrats had been stripped naked and were being marched to the guillotine for beheading. Rose was third in line to be beheaded. She could smell the putrid blood and hear the screaming around her.

I stopped Rose at this point and had her rise above the commotion below and see the scene as an observer. This removed all the emotion. Then I asked what she needed to learn from this observation. She was silent for a time, and then said that she felt bad now as she could now realize just how unjust and wicked the aristocrats had been to the workers and their families. They were literally starving while she had been living a life of opulence and luxury.

I asked her if she could forgive the ones who were about to behead her. In an instant, she felt remorse, and said that she could and did. I asked her if she could as well forgive herself for the life that she had lived and she chose to forgive herself because now she knew that she had done a great disservice to these people. I asked if there was anything else that needed to be cleared with this issue. She indicated no.

I brought Rose back to her peaceful place and emerged her from hypnosis. In a few moments she opened her eyes and then with a wide smile looked from side to side turning her head with absolutely no discomfort at

all.

The next week Rose came to class excited. She told us of playing touch football on her husband's team for the first time. I guess we were not very impressed, as many people do this. She gushed, "No, you don't understand. Never in my life have I gotten the opportunity to play on a team like that. I was always afraid that I would break my neck turning and twisting during the game. Now I can do this easily."

Rose today does not wear a neck brace. She no longer needs one. Her neck had been without discomfort since that session. She travels far and wide as a rock singer and is about to release her second CD album of songs. By the way, she is really good at what she does. We're sure glad this career was not cut short by this issue.

Rhonda – Self-Confidence

Rhonda was a student, and as with many students, they need self-confidence to be able to move forward with their practice. It is a big step for most students that have been working for years for an employer and being told what job to do every day.

I took Rhonda into hypnosis and deepened her. I gave her suggestions about self-confidence and had her recall times that she had been successful, but for some reason there was a reluctance to accept my suggestions. I decided to use a technique called Affect Bridge or Feeling connection by the late Charles Tebbetts. This creates a connection from the now to when the client first experienced the issue of lack of self-confidence.

I asked where the feeling was about this issue in her body. She responded in her chest and face. I then asked her to allow this feeling to grow as I counted up from one to five. I slowly counted up and could see the tension grow in her face and body. Then I counted slowly backward

from five to one asking her to follow the feeling to the very first time she had this experience: “5, 4, 3, 2, 1, BE there… What do you see hear or feel?”

Rhonda: “I am in the park, it is Victorian times. I am wearing a Victorian style dress. It is evening and I am a school teacher. I worked late today on papers. It is around six o’clock and very dark. I never come through this part of the park. It is not a safe way to go home for respectable people but I am very late and it is fall and I hate the cold winds. Suddenly I hear a noise in the bushes. I am afraid and walk faster, the noise in the bushes moves even faster and in a moment he is upon me and drags me into the bushes. His hand is over my mouth and no sound comes out. He has a knife and threatens me. He is all over me and violently rapes me. No one is around to help. I am so ashamed. I shouldn’t have gone this way.

“Now he picks up the knife and slashes across my body over and over and then he slashes across my face. I lose consciousness and was left for dead. I wake up in agony and shame. I slowly struggle to my feet and begin to make my way home. When I reach my house I am too weak to unlock the door and pound on the door weakly with the last of my strength. Finally the door opens wide. My older brother is standing in the light. He looks at me wide eyed and says to my dismay, ‘What have you done?’ He believes that this is my fault.

“I had a long and difficult recovery. My family was kind of supportive but they let me know that, in their eyes, I was to blame for this by being in the wrong area of the park where respectable women do not go.

“My face and body were badly scarred. I could not return to school looking this way. I became a recluse for the rest of my life. The hardest part for me of all was the disfavor of my older brother. He and I were so close and I relied on his encouraging kindness all the time. Now he avoided me and was distant.”

End of story. I brought Rhonda back to her peaceful place and had her relax, putting this past life experience into perspective to today. I helped her to release the past event so she could move forward with her life confidently. Then I brought her out of hypnosis.

Upon coming out of hypnosis Rhonda was amazed that she had such a past life experience. She never expected what she saw and experienced. Then Rhonda told me a revelation that she personally had about this experience that put things into perspective in this life.

Rhonda's husband, who is about ten years older that her, was actually her brother in her past life. She revealed to me that they had been having marital issues about their relationship. She told me that she had spoken to her husband several times about feeling that their relationship was more like sister and brother, and that she wanted it to be a real husband and wife relationship.

Armed with her new found confidence and marital insights, she left the office. She began to change her relationship with her husband; and her confidence allowed her to launch her hypnotherapy business.

Rhonda and her husband are happily living as husband and wife, just as she desired.

Louise – Deep Hypnosis Healing

Ray and I were teaching our Basic Hypnosis class. During this particular class, Ray was demonstrating inductions for guiding clients into hypnosis. Ray was preparing to demonstrate and I was already in the recliner chair. This was to be a simple demonstration of a light induction and then bringing me back out of hypnosis.

Ray proceeded to do an eye fixation induction. This is where I stare at an object in this case the tip of his pen. This tires the eyes and soon you go into a hypnotic Trance. We have done hypnosis with each other hundreds of times and we have explored many levels of hypnosis. As I went under I

began to go much deeper, listening to Ray's melodic voice and suggestions. Soon I was at a very deep level. Ray was talking about this and that. I say that because I had gone to a very deep state of euphoria called The Esdaile State.

Soon, Ray was using a technique on me called The Hypnotic Threat. This is not a physical threat at all. Simply stated it is, "If you don't come out of hypnosis when I count you up this time you will never be able to return to this state again." Being in this deep state is so relaxing and comfortable the person usually does not want to return until they are ready. So we use this threat to hurry them along out of hypnosis.

I then returned from hypnosis and Ray was laughing about this dilemma happening in front of a beginning class. He explained how all of this works and that this was an unusual occurrence in such an early class. One of the students asked what we would use such a deep level for in hypnosis. Ray explained that we use this for pain management and that there was an even deeper level.

The students asked if we would do a demonstration. Ray and I go to this even deeper level beyond Esdaile for some special cases. The level that is below Esdaile is called The Sichort State (named after Walter Sichort, the hypnotist who conducted research with this state). This is supposed to be the same level that the gentleman Edgar Casey, known as the sleeping prophet worked.

We agreed and Ray asked if someone had a physical problem that I would look at for them from this very deep state. The students looked at us in a quizzical manner, not knowing what to expect. Chad raised his hand and indicated that he had a problem. Ray told him not to tell us what the problem was, and to allow me to look for this problem and see if I could identify it under hypnosis.

Ray took me to the deepest level of hypnosis. He then asked me to scan Chad and see what his issue was if I could. At this deep level I opened myself to the field and oneness. I don't know exactly how to describe it, but I just become aware of many things that I do not see when conscious.

As I scanned Chad I saw that he had an odd coloration on his left side. It appeared to be his liver. The color was a mottled greenish color that did not feel right to me. At this point I began to change the color in my mind to a yellow color. I do this just because it feels like the thing to do. No logic or thinking on my part. When this was done I indicated that this was complete.

This being done, Ray brought me up out of hypnosis. I told Chad what I saw and did. He and the class were amazed. Chad told us that he had previously had cancer and it was treated with chemotherapy. The chemotherapy left his liver in bad shape and it was a pretty painful condition that he was left with. To Chad's amazement, the pain in the area of his liver was gone. It had been hurting while he came to class that day, and now it was gone.

Chad completed our classes and has started his own hypnotherapy practice. He has had no pain in his liver since that demonstration session. I would like to say that we are miracle healers, but this is not the case. It is not a technique that works all the time; but we believe that it is either because we have not studied this enough, or it might instead be the placebo effect. But it was pretty cool to have this happen in front of a class, and even better for Chad.

Patricia's Journey to Earth

Patricia came to me for weight reduction. I had begun with her previously and she shed twenty pounds, but was unable to complete the program. We were now going to get to the core issue that was holding her back from accomplishing her weight goal.

At this stage, we use Parts Integration to see if we can bring the motivating and conflicting parts into terms of agreement and allow Patricia to move forward without any internal conflict. As I had done before I put her into hypnosis and deepened her to the appropriate depth for this work.

During this process I ask each part what its purpose is with the client. This time the conflicting part said it didn't know its purpose. When this happens, I have the part just begin to do the job it does for the client. This would be to bring up the feeling as if Patricia was craving something to eat. We built up this feeling and I sent her to the first time she ever felt that way.

After a few moments I asked her what she was experiencing, as I could see she was having a strong emotional reaction. She said she was on a beach. There was what looked like lava flowing to her right. I began to think that she might be in Hawaii…but was I wrong!

I moved her forward in time a little and asked what was happening now.

Patricia: The stick people are chasing me. The stick people? They are people with thin bodies and extremities and they are chasing me.

Ray: Why are they chasing you?

Patricia: I feel very guilty. I did something very wrong and they want to punish me.

Ray: What happens next Patricia?

Patricia: They catch me and throw me into the lava. The lava type material is not hot. It acts as a vehicle to transport me to another planet.

Ray: Where does it transport you?

Patricia: It transports me to Earth. This is the planet designated for my punishment.

Ray: How are you to be punished on Earth?

Patricia: This is not my native planet. On this planet I have many difficulties.

(Patricia does have many physical difficulties as well as some interesting resources, but that's another story.)

I asked her if she knew what she did wrong and she said that she was unable to remember. I then asked if now that she is here if she still needed to carry the guilt of this issue from another lifetime any longer in this lifetime. She said that she could not go back and repair what she did in the past, and was ready to release any emotions related to this issue.

I gave her suggestion about releasing all of the past issue and had her stand under a waterfall and allow the cascading waters to wash out any residual references to this past event and to be able to move forward. I then emerged her from hypnosis.

After the session, Patricia said she felt that a huge weight had been lifted from her shoulders. She felt much lighter and very happy with our session.

I don't know if any or all of this session is true. It really does not matter as long as it brings about a release to the clients. It is interesting, though, that there is much detail about the session afterward; and it seemed to stir up her memories of living a life on another planet… actually multiple planets. Whether fact or fictional metaphor, this session benefited the client.

About Ray and Joni Zukowski

Ray and Joni Zukowski are hypnotherapy instructors who have been in practice since the dawn of the twenty-first century. In addition to seeing clients privately, they teach a course on client-centered hypnotherapy, and also offer other courses as well. Their hypnotherapy practice is in Puyallup, Washington, which is in the Seattle-Tacoma metropolitan area. Their website is: www.aldebaranhypnotherapy.com.

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Chapter Twelve — Journeys from Guest Authors

C. Roy Hunter, DIMDHA, FAPHP

Editor's Note:

The case summaries in this very long chapter were submitted by fifteen leading hypnotherapists from different parts of the world. Note that the contributions appear by alphabetical order of the last name of each guest author.

Soul Lessons – Healing lifetimes of pain

by Paul Aurand , MHt (New York, USA; Turkey)

For the last sixteen years, I have specialized in a very unique form of regression therapy known as Life Between Lives® Hypnotherapy. LBL® was originally developed and researched by Dr. Michael Newton. As the President and now Lead Trainer for the Newton Institute I am one of the first of a growing number of LBL regression therapists who continue to develop this work.

LBL is a regression method which uses a very deep state of hypnosis to expand consciousness beyond the limits of the mental mind to awaken the soul mind. The actual process involves first regressing back through childhood. This allows the client to get used to allowing memories to come from the subconscious mind rather than trying to remember something. This is followed by even more deepening to begin accessing soul memories as we go back to the time in the womb where the soul is joining with the developing body. Here we explore how the soul is feeling about coming to be born and what it is coming to do, learn, or work on. From the womb, we

regress back to the most recent or most significant previous lifetime. We explore some of the significant events in that life as well as how that life came to an end. From the death scene, we follow the soul as it leaves the body and returns “Home” to spirit. Once in spirit, the soul meets guides, loved ones, and other wise beings that work with the returning soul on life lessons and deeper soul lessons over lifetimes.

Here, I present a brief summary of one of the thousands of LBL sessions I have facilitated. This particular case deals specifically with a belief or misunderstanding that has caused pain for this soul over lifetimes.

Aysu (I have changed the name for confidentiality) arrived at my office in Istanbul having suffered a lifetime of chronic pain and fatigue that made it impossible to work, strained her family, and ruined more than one relationship. She wanted relief and was desperate to understand why she experienced so much suffering in her life. Aysu had tried various medical treatments and numerous therapies all to no avail.

I begin Aysu’s LBL with a regression to an enjoyable childhood memory to help her conscious mind to get used to letting memories come from the subconscious mind instead of trying to remember. She goes to a scene where she is very happily playing ball in the garden with her brother.

Next we go even earlier in childhood and she arrives at a traumatic event where she feels alone and very afraid. I facilitate an inner child rescue by having Aysu, as the loving woman and mother that she is today, take her scared child self into her arms and love her and protect her. When the rescue is complete, we invite the inner child to join us on this journey back in time.

The next step is to take Aysu back into her developing body in the womb where we can begin to access her first soul memories. Here Aysu’s first words are “It hurts. I don’t want to be here! It’s so uncomfortable. It

quickly becomes clear that Aysu is bringing much pain from a previous life or lives with her and we are going to need to go even earlier to find and resolve the source of this pain.

I direct Aysu to go back to the most recent previous life and she travels directly to the death scene where she has been beaten to death and is already leaving the body. “I am being pulled up and away very quickly. I am going home!” she says.

This is one of the most profound moments in an LBL. Upon arrival, almost everyone reports feelings of complete unconditional love. Many talk about feeling as though a great weight has been lifted as the burdens of the past life fall away.

Aysu is first welcomed back in a joyful greeting by many wise and loving beings. Soon her guide comes forth to take her to a place of rest and rejuvenation where most of the residual pain in her newly arrived spirit body is cleansed away.

When this healing is complete, Aysu exclaims “My father is here!” He embraces her, caresses her head and asks her forgiveness for his abusiveness in her childhood years. The tears flow.

After this reunion with her father, Aysu experiences a sense of drifting, floating upwards as though she is in a balloon until she arrives in a place where she is surrounded by three guides. These guides are communicating with her, but Aysu is having difficulty taking in what it is they are saying.

Her primary guide comes forward and says “We want to work with you on your basic misunderstanding about pain. You believe pain teaches. You believe you have pain because you think you can receive love through pain. You believe that because you hurt others in the past you deserve to have pain now.”

The guides are very clear and direct in what they are saying but on a soul level, but Aysu is still struggling with what they are communicating. This is not unusual when working on misunderstandings and beliefs a soul

has carried through lifetimes. The guides are loving and persistent.

The guide continues. “You are so focused on the pain you cannot go beyond it. You are holding onto your pain because you fear that if you let it go, even worse things will happen to your children, your family, and your friends. It has gone on for lifetimes. Trust us and let it go. Let go of these beliefs and let go of this pain. With this, Aysu is finally able to open herself to the love and healing energy being conveyed to her and to hear the messages. She bursts into tears.

“They are comforting me and telling me to let everything go, not to hang on to anything.” The guides say, “Now your soul is happy with a newly healed body. We thank you for working with us. There are some other things in your life that will be resolved with this.”

I am delighted to report that in my follow up with Aysu a few months after her LBL, she is free of chronic pain and working again. And with a big smile she tells me that things are now so much better at home!

About Paul Aurand

Paul Aurand, MHt, is the past President and lead trainer of The Michael Newton Institute for Life Between Lives Hypnotherapy. He is the Founder and Director of the Holistic Healing Center in New York City and has over thirty years experience as a healer, hypnotherapist, and counselor. He is an author and teacher, giving presentations in countries around the world, and he is available for individual sessions as well as professional trainings. He can be reached at: paul@HolisticHealingCenter.com or www.HolisticHealingCenter.com

Dee’s A.R.E. Experiential Past Life Demo

by Dee Chips, BSW, MHt , CRM; NATH President/Trainer (North Carolina, USA)

The hypnotherapy experiential I am about to describe is nothing short of an amazing account of what can happen with the transpersonal approach. I feel we are able to incorporate the spirituality of the client's and the therapist into the relationship to offer divine guidance and healing above a straight, purely clinical approach to the session.This case would prove to be just one example of what can happen with this approach.

Background…

It was during the NATH Entry level hypnotherapy certification at the ARE in Virginia Beach and the lecture on past life regression had just been delivered to the students (forty students and trainers) waiting and hopeful for a good demonstration from their instructor before they were to pair off and, under supervision, either conduct their own session as the therapist or be recipient of this type of therapy. The best demonstration would show not only how to professionally conduct such a session and use the models for a successful goal achievement; it would also foster the confidence of the students that they too could achieve similar results with their own clients immediately.

I chose a graduate assistant for the demonstration as I was familiar with the person as being both skilled as a therapist and having had many sessions as a client from the classes she had taken. She could successfully regress and be comfortable with me as her therapist, having been her trainer for hypnotherapy and past lives, including Life Between Lives regressions.

Sometimes, the divine design is that what presents itself is just what is meant to happen…for the greater good! This was to be a positive training demonstration for the students, and I also wanted it to be a benefit to the graduate/ client in the process.

I only wish someone had video-taped the session, as what presented itself was truly amazing for the therapeutic community of what can happen when *spirit* is incorporated with good clinical techniques.

Asking the client what she would like to resolve of the current day issues she was dealing with gave us a list of goals for which the interview was designed. A thorough intake showed the students a model of gaining the all-important needed rapport for the success of the session, plus allowed the client to access her inner wisdom of what could be resolved at the time, allowing her to get in touch with her deep seated feelings and primed the client for the subconscious to go to the most appropriate depth level, and to the time, and place where we could find the answers and illumination of the issues currently in need of resolution.

I had a nice list of physical and emotional issues that we would explore, along with the need to understand several significant relationships she hoped to improve.

Upon getting a list of things which we could explore in her subconscious and superconscious that were ripe for illumination and healing, we began the session. The client comfortably reclined and was ready to begin when I asked her to invite the presence of her own highest guide, and also called mine in to assist as needed for the “highest good of all concerned.” The induction I chose was one I created that was a combination of progressive relaxation, suggestion, and using the natural breath for deepening and protection (which showed the students another model of induction), as they were eager to learn everything they could!

I labeled this particular induction “The Gift You Give.” I have used it in presentations at several hypnotherapy conferences in the past, and I find that it works for everyone. Even high kinesthetics love it, for it uses the natural process of the body and the blood flow to spread the relaxation from the inside, out. The light totally fills the person in only three minutes time, and protects their body and energy field-while undergoing the altered state.

Suggesting and allowing this light to spread out around them in a protective bubble of light also gives an avenue of transport to other places for regression. I gave suggestions that the outside noises would simply not

matter to her, (guarding the state), that *my voice would go with her*, and that the *sound of her own voice* would only serve to take her even deeper into the experience… that she would speak in a normal volume and be able to communicate what was happening as she became aware of it.

Mary was following suggestions well and, upon questioning, she affirmed that she was ready for regressing to the areas needed for the stated goals by the lifting of a visible index finger (as had been requested), as a sign of appropriate depth and readiness to regress, simply suggesting, at this point, that she follow her own sense of guidance as to allowing her to go to wherever would be needed for the answers.

We went to in-utero and dealt with issues from the mother-child connection and disconnected the emotions of the mother and depression carried forward from the womb in the client… the first healing… then regressed back to the time responsible for the remainder of the issues not dealt with yet. Mary began describing a scene of hunting with another close to her, two young men in the woods.

We got the connection to the present day by looking into the eyes and recognizing the soul as being the same as her present day sister, then the scene progressed to where there was an attack on the scene to the client and her companion in the memory. There was enough detail given to know that the client and the companion were both killed. The client reported that her body was being carved out, and organs removed from the body while still alive… a very disturbing and emotionally traumatizing experience with the full range of emotions one might expect. The client was able to both feel and then disconnect from the pain associated with this with guidance to be the witness and view as an observer.

We discovered that the anger associated with the event led the client to ignore the opportunity for going on into the light as is the usual route of the soul when exiting a life… discovering instead that, as the organs were being

taken, she followed along with the members of the tribe that had attacked back to the camp where the organs were taken, and she found the leader who had been the chief of the tribe.

It became apparent that the anger of the soul was holding onto the need for revenge and, as a disembodied spirit, she was haunting and interfering wherever possible to the leader and the tribe.

After some time of being with them and doing what could be done, she once again noticed the light that I had called to come again with her guide's assistance; and her spirit was ready to leave… with the death of the chief.

Once in the light she recognized her sister's soul, and realized upon transition from that life that the soul had been *safe* all along!

From the vantage point of the after-life, counseling provided from the guide, the sister's soul, and dialogue with the soul of the tribal leader, plus the guidance (from myself) as facilitating the session, she made amends and reprocessed the experience, finally forgiving all the offenders, collecting the parts of herself that left with the organs.

There was healing, with the light of a green healing color filling her, and suggestions placed from myself that this healing will extend *all the way forward* into the present day body, mind, and emotions of Mary, of any and all residue left over (for having been *willing to allow for forgiveness to occur)* balancing the karma with what had already transpired within this life in those relationships. It was made conscious that all the players of that past life drama had worked in spirit to reconnect in this life and make it right—the mother giving life and birth to allow her to live again, the sister to have companionship with and get to live life together again, and the tribal leader to be able to know and work out the negative karma to a point of balance and forgiveness.

The interesting thing is that, when the client does this work at the spiritual level and reclaims their knowledge and pieces of themselves, everyone else involved *feels it* at an *unconscious level energetically*, and is

also *set free* of the negativity left between them!

Higher guidance and messages allowing dialogue with the guide often provide even *additional information and insights* that facilitate and guide the client for the life they are *currently in*, giving them a sense of being loved and cared for in a way they may not have been able to feel or realize before the session.

The session was essentially complete.

I prepared to bring her back out of the altered state; but before this could happen she announced that someone else was there. Unique as this might be when it comes up, the best thing is to *go with it* and see what else spirit is presenting, for after all, we had asked for the session to produce the *highest good-of all concerned!*

This apparently did include me, as well as others who were witnessing the session. Questioning revealed a male energy from the light wanted to use this opportunity to deliver some messages to those present, and I qualified that the client was comfortable with this energy and that this was able to be done by temporarily using her voice. Also she identified the presence as being that of my own son who had passed four years earlier, and whose presence was being felt earlier in the week also by another student whom he seemed to be connecting with for her own good.

This was an opportunity to deliver what was needed on both of our parts, with affirming heartfelt, loving messages for me, and very specific advice for the student who had only recently been *guided to our class* (as she had told me earlier in the week she had felt) after feeling she had been *saved* by Nathan's presence and energy, holding energy in her body when she otherwise had taken enough pills to cause death.

This was not something Mary even knew about, so she really couldn't make it up. When the messages were delivered, he completely left her energy field; and she was brought out of the altered state by the usual

counting out with reinforcement of healing suggestions being placed during the awakening and immediately following with a brief post talk.

The client was still half in and half out of state while processing, so the therapist has a great opportunity to reinforce the positive changes made during the session, which I did, asking the client to note any and all changes that are noticed in the following days and weeks related to the goals.

Mary's report (upon awakening) was of feeling a *calm sense of well–being and relief*, which was a great end to the demonstration and session. Plus, we got what I call "the bonus," the unexpected gift that such a transpersonal session working with *Spirit* can provide!

Mary's own recount of the session follows…as well as the resulting changes and benefits she noted from doing only one session of transpersonal hypnotherapy.

Client's comments

Backstory: I wasn't planning to be a participant in Dee's experiential. However, when she called upon me, I figured sure, why not. I went in with minimal expectation. Dee asked me if there was anything in my life that needed resolution or healing.

Prior to my regression with Dee, the previous year had been a tumultuous one. Like many of those 'awakening' and shifting in their spiritual consciousness I had the fortunate opportunity to connect and have a deep relationship with my Twin Flame (Dee explained the concept of twin flames here).

Like most, my twin and I had a strong telepathic connection and a strong sense of empathy toward one another. And, like many twin flames, we we're incredibly in love. It was so refreshing to meet someone who understood me perfectly on every level! If he was in emotional or physical distress I would feel it as would he. At first it was romantic and exciting,

however when my twin made life-changing and life-threatening choices that clearly indicated, in my opinion, that he did not want to spiritually shift with me, I was devastated.

As a result of our break-up, I began to self-medicate with alcohol and making reckless decisions. I knew I drank because I was angry; and I felt justified for doing so because I was the victim, the one who got jilted by her twin flame, left holding on to the end of the rope, while her twin continued down a path of utter self-destruction. It was needless to say a very dark time.

During this year's time, not only was I drinking, but I also was having painful cystic acne. The acne kept spreading; and no amount of antibiotic creams or lotions was working on it. It became so bad I sometimes refused to leave my house. I had found a dermatologist who worked tirelessly to help me but for much time no medications worked. The only thing she could find was an energetic imbalance in the liver and kidneys. This too compounded with the breakup of the Twin Flame slammed my self-esteem, hope, and outlook on life and love. And truly I wondered with it all "Why, and Why Me?"

Dee's Regression: I recall when getting up on stage that I wasn't sure what to expect; but when Dee asked me if there was anything in my life that needed healing, I explained to her the year's worth of baggage. I was tired of being an angry drunk, heartbroken, hopeless, and acne ridden. Again I wasn't sure what to expect, or even where we might go, but I trusted Dee to guide me.

I trusted Dee for these reasons: (1) She understood the concept of a Twin Flame, something that the average person would judge as simple infatuation; (2) she had too had suffered a physical loss of a loved one.

The preparation for this regression was different from most as we called in my spiritual guides as well hers to guide us to the root of the anger. I could get a sense or a feeling of the room filling up, and even other

students in the audience felt spiritual presences ready to assist on the journey…

I'm a dark-skinned man in the jungle. The Jungle felt like that of South America. I'm wearing little clothing. I'm hunting with my tribe for food and, as I look around me, I sense a fellow soul (my present day life sister). She is also a man in this past-life, but I can sense by looking into the eyes that this is hers. She is ahead of me when all of a sudden we were ambushed by another tribe! She is killed. I've been badly beaten but I'm breathing. However the tribe people who attacked us are "collectors" of human organs. They flip me over and begin to carve out my kidneys while I'm still alive.

At this point in time, I can physically feel the sensation of my kidneys being touched, prodded, and carved out of my body.

I get a sense that everyone around me is dead. My sister is dead as well. My spirit which has left my body searches for hers. My spirit wanders looking for her. I don't really know that I'm dead yet, I just know that no one can hear me for some reason despite my shouts. I want to find who is responsible. I find the King of the tribe who attacked us. He is fat. He is my Twin Flame in the present day. As a spirit, I make his life miserable. I sabotage his village, his health, and everything in my power to seek revenge for him not giving me my sister.

There is a seething anger that is felt throughout the regression: *The King/My Twin is finally at his day of death. My spirit has made him ill. He renounces all of the death and destruction he has caused. It is at this point in time that both of our spirits are taken up by higher guidance into the light. It is here 1 find my sister. I realize he had not taken her but she had gone to the light! Here I was making his life completely miserable out of revenge and anger only to realize her soul had moved on. My sister's soul comes guiding us into the higher light.*

Forgiveness modules were implemented and exchanged amongst all parties in this past and present life. It is at this point in time I recall Dee calling for me to imagine in a higher healing light—a green light—calling it to flow into all parts of my body, healing all parts of me: physical, mental, emotional, and spiritual. I felt the green healing light flowing into my kidneys and around my skin in particular and, most importantly, my heart.

Nathan, the Icing on the Cake: After this healing imagery, Dee guided me to float my consciousness up to my higher healing guidance—guides and/or higher self for any other higher healing messages. It was at this point in time I felt strangely calm yet tingly and I felt someone "step" into me. The energy felt male and oddly familiar. I told Dee someone was there. She asked me who.

Through a quick question and answer, we confirmed that the spirit who had stepped into me was Dee's son, Nathan. Nathan came through specifically to call upon an audience member who had tried to take her own life a year prior, his spirit even used my body to point and say things in a very specific kind of way, telling her, "Though, her soul was here for the long haul and she best hunker down." And more importantly he came in with loving messages for Dee. At first I wasn't sure if maybe I was making it up, but a very psychic audience member confirmed that indeed Nathan had 'stepped in.'

When I awakened I felt lighter, like heavy burdens had been lifted off of my body. In the months ahead, specific issues of anger, alcohol, and acne had resolved. I understood that all of these were interconnected and the dots connected.

The dots, Twin Flame: The anger I held toward my twin flame was released. I no longer think back on our romantic relationship with anger, and instead just look back with calm resolve. Our empathic and telepathic

connection ceased as we healed our karma. It is even easy for us to speak to each other on occasion with genuine care and interest.

Alcohol: Because I forgave my Twin for killing my sister in that particular past life I simply no longer felt anger towards him and, as a result, the need to drink alcohol as a way to self-medicate just left. Instead, I felt strangely at peace with all that had taken place with this new higher understanding.

Acne and Anger: Some healers say that acne is the outward expression of anger and kidneys are the 'seat of anger.' When I returned home to my dermatologist, it seemed that the healing of my skin and body became rapid and my body began to respond quickly to the supplements and medications provided.

Healer: As a healer, I've been able to use my personal experience with my Twin Flame to help other healers or my clients to either manage and understand their relationship with their twin flame, or process and move on from their Twin Flame when their flame decides to not shift.

To conclude, my spiritual regression with Dee was that of a once-in-a-lifetime experience that I will never forget! As a client, I was able to shift so many things in such a short period of time on a human and soul level. As a healer, I was able to be reminded of my path to use my abilities and body as a healing vessel.

About Dee Chips

Dee Chips is owner/president and cofounder of the National Association of Transpersonal Hypnotherapists (NATH), and an experienced social worker. She is certified as a Reiki master, ordained minister, Hawaiian huna practitioner, NLP practitioner, master hypnotherapist and trainer. As the Vice President and Owner of the American Holistic University, Dee administers all of the educational programs at NATH including its conference in Kill Devil Hills, North Carolina. She is also the owner of Transpersonal Publishing.

Hypnosis Helps Woman Heal Her Life

by Beryl Comar (Dubai)

I first met Martha in 2008 for fear of driving: “I feel like a possum in the headlights,” which we dealt with and, after two sessions, she was driving all over Dubai with confidence.

During the second session, she wanted to work on more feelings: “I feel like I lost my bottle,” “like an imposter,” “a huge disappointment to my in-laws,” “my lupus and fibromyalgia is getting worse because of the stress.” She was estranged from her own family, especially her father and one daughter “who pushes my buttons with anger and alcohol issues,” and had left the country to live with him. The other daughter “retreats into academia and doesn’t want to open up,” whilst her husband “tunes out on his laptop and worries about our debts.” We did one session of hypnosis for these anxieties, but she was not prepared to think of forgiving anyone because they were all wrong and needed rescuing.

A year later she returned for two sessions because of anxiety about her father, who had been diagnosed with cancer “and the family didn’t tell me for three months. I am embarrassed because everyone knows but me,” There were many feelings of anger and need to punish. “It hurts, I’m spiraling, it goes round and round in my head.” Her goal was to get excited about life again.

During hypnosis, once more we hit a block with forgiveness because “Dad should love me,” “I’m the scapegoat of the family.” We did some Transactional Analysis work and hypnoanalysis. Although there was remaining bitterness towards her family, Martha was able to connect with her husband and daughter, feel the power of forgiveness with them, and feel some release. Despite the “right side feeling weak and bothered,” she wanted to leave it at that, make friends here in her new home, and forget the past.

Six months later, she returned with breast cancer, four tumors in lymph glands, and pre-surgery anxiety. Finally, she was ready to come to terms with those aspects of her life that she was avoiding: stop controlling and "let it flow over me," choose the battles not take on the whole b***y war. I took her to UltraHeight where we talked to cancer, and the cancer part spoke back. Whilst talking to cancer, her face turned grey and her voice was much deeper and more masculine, the air in the room felt closer and tighter. The cancer part said it would remain until she learned to forgive and stop controlling others, because she needs to let others mother her." When she spoke to the part that opposed this choice, it said its job was to hold onto resentment so she wouldn't forgive. When I asked if she could then let go of anxiety, the new part said "yes."

When I asked these parts to negotiate and come to an agreement, they agreed to forgive. We did chair therapy for forgiveness to father, family, and everyone in her life. Then, forgiveness of self and release of anxiety. Upon emerging, Martha said she felt great.

At our second session we did more UltraHeight work and she unexpectedly met an angel: "he says his name is Michael and he wants me to know I am already better, the cancer has gone, there will be no nausea so long as you have empathy for others and you have trust and tolerance. Look through others eyes, not just your own. Remember to sing Que Sera Sera (Spanish for "whatever will be, will be").

Everything went well, her cancer journey was short and she recovered very well, much better than expected. I saw Martha again two years later in May 2013 (yes, we seem to have two-session solutions each time). Her relationship with her daughter was healing, she was very active with volunteer work, charity runs, and traveling. Her anxiety was growing every time there were three month check-ups and she started worrying, watching

the phone and feeling “what if it comes back?” In UltraHeight, she received messages from “Connectedness” of contentment, relaxation, and letting go of expectations she had as a child. It was a very moving experience for her.

We stayed in touch over the years and she sent many clients my way. When asked if I could write up her story, she wrote:

“Hypnosis has brought me further away from an organised religion and has increased my connection to more of a universal energy which brings me peace internally (which religion didn’t, it just screwed me up, as you know). I now do yoga twice per week, I certified in Reiki which I practice and love. Hypnosis has changed who I am for the better and made me become a more loving, accepting person. That’s only the way I can describe it. It’s not up to anyone else to make me happy—no expectations. I am solely responsible for my own happiness. Martha is exactly where Martha needs to be.”

About Beryl Comar

Beryl Comar is a Hypnotherapist, Life Coach, Instructor of Hypnosis and NLP, and the published author of HypnoDontics (2015, Dave Elman Hypnosis Institute). She was a pioneer in the hypnosis profession in the Middle East, helping to increase awareness of the benefits of hypnotherapy. Then, in 2010, National Guild of Hypnotists honored her for Lifetime Achievement with The Order of Braid for her many years of dedication to the hypnosis profession.

Her website is www.changeassociates.ae

Latching On

by Tom Evans (United Kingdom)

When I attended a past life regression and future life progression training course about ten years ago, I had no idea it would lead to me being tested in a way I never imagined. I was only on the course as part of a research initiative for a book I was writing. I had no desire or aims to practice regression as a therapist.

I have, however, always noticed that when I learn a new skill, a few days or weeks later, a client will show up to test me on what I've picked up. As a result, I am accustomed to the universe having other plans.

At the time, I had unexpectedly become a mentor and coach to other authors. This helped me fund myself with my own writing. I had recently been approached by a successful businesswoman with a story she wanted to tell. Although now a well-established real estate agent, she was once a pretty wild teenager who got into all sorts of bother.

She had written her first draft and wanted help polishing it and shaping it into a book. It was a pretty horrific tale of how she had been raped and became anorexic and bulimic. She also self-harmed and went on alcoholic and drug-induced binges. I noticed that the first draft was going to need a major edit as it was full of grammatical and spelling errors. The lady mentioned she was dyslexic even though she hadn't been diagnosed with the condition at school.

We got close to publication when I had a call from her one day saying that she wanted to pull the project, telling me to destroy all copies of the book on my computer. I suggested we meet to discuss it first, having put so much work into getting the book to this point. As the book ended on a happy note, and I felt it would give hope to others so afflicted.

She obligingly agreed and came for a session where I used some of the regression techniques I had learned to see if I could help her get through the fear of publishing the story. We had already used a pen name and changed names of real people in the book, as well as some events, to protect her and other protagonists.

While on my past life course, I had spontaneously found I could see the faces of past lives in the aura of the person I was treating. I've discovered since that we can all do this with a little training.

When my client turned up, I used this technique to "work with" the past instance of her where the fear had first surfaced. Something very surprising was about to happen.

The first graphic incident she shared in the book was when she was about fifteen. She went on a wild, drunken evening out, dressed provocatively. Things went dramatically wrong when she started smooching with an older boy in a nightclub and ended up being gang raped outside in the car park. She was beaten up by some of the boys and ended up being patched up in hospital. As was the way in those days, she didn't tell her parents or report it to the police. This was the incident which caused her to become anorexic and self-harm.

I intuited that the issues around fear of the story being published might have a root around the time of the gang rape. Sure enough, when I regressed my client to that night, her anxiety increased and her voice changed. A different "person" appeared in the aura of my client. The "person" I could see turned out to be the discarnate entity of a girl who had died that night in the same hospital my client had been admitted to that fateful evening.

It transpired that the dead girl's spirit had "latched on" to my client while she was in her alcoholic stupor. Since that night, the dead girl's essence had allegedly co-habited my client's body rather than returning to the Light. This situation had lasted for over twenty years!

Things turned out to be even more bizarre than this. I had not had any training on how to deal with this strange situation, but, from somewhere, the guidance, knowledge, and confidence of what to do came to me.

I entered a dialogue with the entity of the girl and asked her if she wanted to continue on her karmic journey. She did. So I explained to her how to loosen her ties to my client and how to exit my client's aura through the crown. The entity complied and, as she left, my client's complexion softened and she reported that she felt a huge weight had been lifted from her heart.

After I helped the entity of the girl leave my client's auric field, two other changes followed.

The first was that my client's resistance to publishing the book disappeared. It came out in print and as an eBook a few weeks later. The reviews that it received made it all worthwhile.

Secondly, my client went on to write two more successful books that did not need anywhere near the same amount of editing. It appeared that along with the girl's spirit leaving my client, so had my client's dyslexic tendencies.

Since that session, I found I could help more and more clients move through resistance by letting undesirable energies move on. Not all were "latch-ons," and indeed most of them appeared to be entities who had incarnated along with the person at birth. It looks like one entity comes in and migrates to our head and becomes "Us." Others silently operate in protective capacities in other areas of our bodies. While their main purpose is protective, sometimes they can over-protect and prevent us from stepping forward.

Now if you think I had gone slightly mad with all of this, I am the first to state that all of this might be massive figments of the imagination. If it is, then that is fine, but, I have discovered that imagining in this manner can remove virtually any creative block. I have also used the technique to

remove stubborn allergies and intolerances. I have seen rashes disappear from the skin and removed nagging pains too. In many cases, I've done this over Skype. I even healed a client's budgie once in Canada who gets ever so chirpy now when he hears my voice!

I have developed the technique still further so it is not just remedial, but generative. I found that the change was more effective when a new energy, or essence, was inserted into the aura to fill the void left by the departing energy, or entity. Often, I used a future life progression technique to identify what qualities a client would like to bring to bear.

It is almost like our souls can go through a software upgrade!

About Tom Evans

Tom Evans is an ex-BBC TV engineer who now finds himself doing the most bizarre healings and personal transformations. He has written eleven books which take the esoteric and make exoteric. He has also developed a revolutionary time management system, called Living Timefully, which changes the speed and nature of thought so we can get more done in less time. He hosts a popular podcast called The Zone Show which explores what is possible for human beings.

In his latest book, *New Magic for anNew Era*, he explains how a bored engineer unexpectedly ended up being called the wizard of light bulb moments, a modern day mystic and a temporal alchemist.

For more on Tom, his writing and his work, visit www.tomevans.co

Higher Self Resolves Anxiety

by Lorraine Gleeson (United Kingdom)

Sarah came to see me and was suffering from anxiety and wanted to control her stress levels. She had quite a journey and had been to counseling, CBT (cognitive behavioural therapy) and EFT (emotional therapy technique) therapy. Although Sarah had made changes, she found that she would take two steps forward and one back.

Sarah felt that she had suffered forever and that she had to force herself to go anywhere new or where she did not know anyone. Simple shopping trips needed a lot of planning and holidays needed even more planning.

After dealing with the cause, in hypnosis, Sarah had found that she was more relaxed and able to do things, but the IMR suggested that parts therapy would be useful. After explaining parts therapy I guided Sarah into hypnosis and called out the conflicting part. The part came forward and indicated that it was here by moving the yes finger.

Lorraine: What job do you do for Sarah?

Part: Keep her safe.

Lorraine: How do you keep her safe?

Part: Make her scared.

Lorraine: So, your job is to keep Sarah safe and to do this you make her scared?

Part: Yes.

Lorraine: Would you mind if I called another part forward and you listened to what this other part had to say?

Part: Yes.

Lorraine: Just so that I know that you have come forward what name can I call you?

Part: Calm thinker.

Lorraine: Calm thinker would you stand back so that I can call another part forward?

Calm thinker: Yes.

Lorraine: Thank you. I then called out the motivating part. The motivating part indicated it was thereby moving the yes finger.

Lorraine: What job do you do for Sarah?

Part: I help to soothe her and make her less worried.

Lorraine: Did you hear what calm thinker had to say?

Part: Yes.

Lorraine: What would you like calm thinker to do to help Sarah to be able to do things and let go of her anxiety?

Part: I would like calm thinker to stop making Sarah scared and let her try new things.

Lorraine: What would you do for calm thinker in return if calm thinker would help Sarah to try new things?

Part: I would help calm thinker to be less worried.

Lorraine: Would you be willing to stand back and hear what calm thinker has to say?

Part: Yes

Lorraine: What name would you like to be called by?

Part: Soother.

Soother stood back and calm thinker came forward and both parts agreed that they would work together to help Sarah to try new things. Calm thinker agreed to not make Sarah scared of going out and trying new things and soother would help to keep calm thinker calm.

When Sarah came up out of hypnosis we talked about what the parts had to say. Sarah said that each time calm thinker came forward she felt the anxiety very strongly and was a bit scared of calm thinker.

A subsequent session

At the next session, Sarah had been much happier and calmer, she had been out shopping with her children and, without even realising it, she took them for lunch at their favourite restaurant. She said that it felt really good to do something without feeling stressed.

When Sarah was in hypnosis I called the parts forward to find out how they were working together. Soother was quite happy, however, calm thinker was not and said that it was unable to continue working with soother as calm thinker needed to protect Sarah and felt it is much safer to stay at home. I often find that the conflicting part is usually protecting the client in some way and just wants to keep them safe and happy.

Calm thinker could not come up with a solution as to how calm thinker could help Sarah to let go of her anxiety and feel safe in new situations. I asked if I could call Sarah's higher self forward to come up with a solution and calm thinker was happy to stand back.

I proceed to ask for Sarah's higher self to come forward.

Her higher self indicated it was here by moving the yes finger.

Lorraine: What job do you do for Sarah?

Part: I oversee all the parts I know all there is to know about Sarah, I am Sarah's Higher Self.

Lorraine: Have you heard what calm thinker has to say?

Higher Self: Yes.

Lorraine: Would you be able to help calm thinker to let go of Sarah's anxiety?

Higher Self: Yes.

Lorraine: What does calm thinker need to do?

Higher Self: Calm thinker is keeping a secret.

Lorraine: What does calm thinker need to do with the secret?

Higher Self: Let go of the secret.

Lorraine: Can calm thinker let go of the secret and does Sarah need to know what secret calm thinker is keeping?

Higher Self: No, Sarah does not need to know what the secret is; and calm thinker can let it go now.

Lorraine: Can we put it in a circle and cut it away?

Higher Self: Yes.

I then proceeded with calm thinker, seeing the secret in a circle of light, and I gave calm thinker time to say what it needed to say. When calm thinker said all that it needed to say to the secret, calm thinker cut the secret away. I confirmed that calm thinker was now ready to let go of Sarah's anxiety and asked if calm thinker would be able to work with soother now.

Lorraine: Higher Self, will Sarah now be able to move forward?

Higher Self: Yes, the secret calm thinker has been keeping has now gone.

I asked all the parts to go back thanking all the parts for coming forward and we did some forward pacing confirming that all the parts are happy and working together.

When Sarah came out of hypnosis, I asked her how she felt. She said it felt as if calm thinker had always been alone and stood away from the other parts but after calm thinker had cut the secret away Sarah said calm thinker felt calmer and was able to join the rest of her parts. Sarah said if felt really odd but in a way peaceful and calm thinker really felt calmer and she did not feel the anxiety that she usually felt when calm thinker was forward.

Sarah looked so much more at peace and she is now working and enjoying her life with all the ups and downs. She took her children to a party with her neighbours which, before, she had avoided and she feels that life is now an enjoyable experience.

About Lorraine Gleeson

Lorraine Gleeson is a hypnotherapist and hypnotherapy trainer who has also published a book on Amazon.com entitled *How to be a Hypnotherapist*. Her website is:
http://www.hypno-chemohampshire.co.uk

A Story of Grace and the Wise Mind

by Marilyn Gordon, BCH, CI (California, USA)

“Your pain is the breaking of the shell that encloses your understanding.”

—Kahlil Gibran, *TheProphet*

Grace never had a feeling of being loved. She carried this around in her heart, and it affected everything she did. She now had a good family, a husband, and two teenage children, but inside herself there was an empty hole in her heart. She’d always tell herself, “Everyone’s going to get it but me—health, success, money. Good things pass me by, and others get them.”

The main problem, as Grace perceived it, was that she had never felt loved by her mother. Her mother had herself felt abandoned and alone. She lashed out at people because she was wrapped up in a blanket of fear, anger, and unhappiness. If her mother had a headache, she’d think it was a brain tumor, and even though she had excellent health, the atmosphere around her was studded with an all-pervasive sense of gloom and doom. This was, of course, Grace’s version of reality. In truth, she wasn’t connected with the love inside herself, and everything in her life was a reflection of that.

Grace had been a very sensitive little girl, and she always wanted her mother to love her. She craved feeling secure, and in wishing to be loved and nurtured, she became the “good girl” who tried and tried to get her mother to be kind to her. Nothing worked. Everyone thought she was balanced and healthy, but inside she had the hole in her heart that she wanted to fill with love. She criticized herself and told herself to “get over it already.” She sought counseling and wrote in many journals. She concentrated on her husband and children and acted as if everything was okay.

She tried to heal herself through counseling, but her strong thoughts were too much in the way. “I don’t deserve good in my life. I’ll never accomplish things. I feel like a failure.” She kept waiting for something drastic to happen, and she’d find herself imagining the worst.

Grace Begins to Transform Her Mind and Her Life

Grace was introduced to the Wise Mind Process, and the first step was to describe her experience. She had always danced around her grief, never allowing herself to actually pay attention to it. She finally looked at it, and she saw it as an experience of living under a gray cloud that always held the promise of sun that never truly appeared. Her secret fear was that, if she truly felt the grief in its dark entirety, then she would explode into a thousand tiny pieces, and she’d never be whole again. This was how unsafe she felt.

So she was truly surprised when she was asked to breathe into her experience and imagine it breaking into tiny pieces as she then sent the pieces off into the universe. At first it was a challenging thing to do, but she soon realized that *she* wasn’t going to be broken up into the tiny pieces; her *grief* was. The moment she realized this marked the beginning of her transformation.

Her Wise Mind told her:

You deserve all the peace, security, and love you’ve always wanted.

She realized that, at a very deep level, her mother indeed loved her but was unable to show it due to her own limitations. Grace’s Inner Wisdom pointed the way toward a compassionate detachment. She sensed a profound feeling of self-love she had never experienced before. She felt complete. She imagined herself as radiant and beaming. She anchored this new phenomenon with the words “My mother’s love resides in my heart.” She had transformed that dark ball of pain, which had always lurked in her heart.

Grace Continues On with the Process and Finds More Love

One day Grace felt a pain in her pelvis where she'd once had a cyst. "Oh, my God, it's a tumor!" would have been her old panicky way of reacting to such things. She had some of the same thoughts, but now she was able to observe them without the same panic or anxiety. A few thoughts came up: "Maybe this is terminal. What if my kids grow up without me and have to go to my funeral?" She just observed the thoughts and stayed with the feelings. She did the Wise Mind Process. She used to push such feelings away, but not now. She sat with them, breathed through them, and she released them. She asked her Wise Mind what it was trying to teach her. And her Wise Mind showed her important things:

Have love and compassion for yourself. You don't have to be so hard on yourself. Accept yourself where you're at, and really trust in the process of life. You can be healthy and heal yourself. You're healing yourself with love. You deserve this love. You've given all your love to your children. Now you can be kind and loving to yourself. You have all the love you need to heal yourself.

She felt a sense of great well-being and calmness. She felt great love in her heart and wisdom in her mind.

Grace Heals Her Relationship with Her Husband

On the surface, everything had been great with her husband, James. But underneath the aura of perfection lurked Grace's heart, which was not fully open to him. It had started a number of years ago when James had had business difficulties, which had alienated him from Grace's parents and, to a much lesser extent, from Grace as well. She stayed by him, but she never fully gave her heart to him. Grace wanted her parents' love, and she also wanted things to go well with James, so she'd been pulled in two directions. Even though it wasn't logical, she had some pain and anger toward him. He was "going to take care" of her, and he "blew it." When the Wise Mind Process came into her life, Grace broke open the closed vault of her heart. As feelings would come up, her Wise Mind would tell her:

Forgiveness is healing you. Trust in the power of love.

She hadn't made eye contact with James for many years, and now she looked right at him. She asked him, "Did you get new glasses?" "Yes," he said, "five years ago." She remembered what brought them together, and she now still looks into his entire face.

James, himself, has opened up. He realized that he'd been very shut down throughout his ordeals—and throughout his entire life. But he's done the Wise Mind Process too, and though it's harder for him to feel his feelings, he's opened up. He believes in himself again, and that's a very great step.

Grace's Son Has a Breakthrough

Steven had terrible anxiety about taking tests. He allowed his mom to introduce him to the Wise Mind Process. His Wise Mind told him:

You know this material. You don't need to be afraid. You can be confident.

His special word was "relax." He felt completely relaxed the day of his test, and he continues to improve in school.

Grace Talks about the Process

This has given me a tool I'll continue to use throughout my life. I'll share it with others. It has been life altering. For me, it takes things out of the head and puts them into the heart. I've kept journals since age twenty, about my feelings of low self-esteem and self-worth. I saw myself repeating the same patterns over and over. The Wise Mind Process has transformed it all from my head to my heart. I feel different. I feel calm, and even in those moments when I don't, I have the tools to trust what's inside. I trust my inner wisdom, and my life has been transformed.

About Marilyn Gordon

Marilyn Gordon is a life transformation teacher, speaker, healer, board certified hypnotherapist, personal development school director and author with forty years' experience both teaching and healing in such areas as

language arts, meditation, yoga, and hypnotherapy. She assists you to move to a higher level of your life and create extraordinary transformation and healing. With forty years' experience both teaching and healing, her specialty is spiritual hypnotherapy, and she assists people to transform their darkness into light, and offers books, recordings, telecourses, home study programs, and more. Marilyn is also the creator of *The Wise Mind Process,* which has four steps:

Pay attention to what is going on inside your body, mind, or emotions. Describe your experience in as much detail as possible.

Take a deep breath in, and breathe deeply into whatever you're experiencing. As you breathe out, disperse it. Break it up into tiny molecules, and release it into the universe. Do this as many times as you like.

Ask your Wise Mind what it would like to tell you about this.

Imagine yourself as you'd like to be. (Pause.) Then find a word or a phrase that symbolizes this. Put your thumb together with your index finger, and say your word or phrase.

She is author of the book entitled, *The Wise Mind: The Brilliant Key to Life Transformation and Healing* (WiseWord Publishing, Inc.). Her website is:

http://www.lifetransformationsecrets.com

Kathy Receives Healing with Her Guardian Angel Julian

by Michelle Mayur (New South Wales, Australia)

Kathy (not her real name) is in her sixties and is a well-known spiritual teacher. She has been on a strong spiritual path for many years, especially since the death of her mother. Also trained in Hypnotherapy, Kathy is an easy client to work with and both of us have a strong connection to the Divine.

Unfortunately, she has had two breast cancer diagnoses over the last several years. The first time the lump was removed from her breast without follow-up chemotherapy. The second time, about a year later, she resolved the cancer without any medical intervention, purely through her own committed deep inner work. Recently, she received a third cancer diagnosis for a hard lump in her armpit. As she is totally against chemotherapy, she is determined to resolve any deep-seated emotional issues and/or beliefs that are causing the cancer to re-manifest, albeit in a different area.

Intention for the Hypnotherapy Session

Very loosely based on Brandon Bays' Journeywork, but with a much more spiritual feel, my intention was to take part of Kathy's consciousness inside the area(s) of the body where the unresolved emotions and/or beliefs were held that had been creating the cancer. I intended to connect her with a spiritual guide/ higher being to assist in this process and to help with resolving and clearing these emotions/beliefs.

Induction

Here is just a small part of the angelically-guided induction that came through me:

"I call forth the energies of the Divine Feminine and the Divine Masculine… I call forth Kathy's whole support crew from the higher realms and my whole support crew from the higher realms… All the highest vibration beings of Light and Love who would like to assist and guide in the healing process, we welcome you all. Thank you, thank you, thank you.

Breathe in deeply the energy of the Divine. You are already connected to this strongly, but now you are turning up the volume of it, turning up the intensity of Divine Connection to the point where you have a visceral experience of this Divine Connection, until you know that all there is is Divine Love. Feel these ripples of Divine Love now flooding through your crown chakra and rolling through your body. You may see, or get a sense of, this Divine Love being a particular color – maybe pink, white, gold,

however you perceive it, but just getting that really visceral sense now of the in pouring, the surging through of Divine Love going through into each and every cell… Throughout the body now there is tingling—in your hands, your feet, your arms, your legs, everywhere; each and every cell receiving this energy of Divine Love. And this Divine Love will continue to flow throughout this session and well beyond in an eternal and continuous flow.

Healing Help from Kathy's Guardian Angel

I used a simple deepener to take her down ten steps into a room where she could float effortlessly in a sea of pure, brilliant white Light.

Michelle: "Take a few moments now to relish in this experience of pure white Light … (pause) … and you become aware of a shift in the energy as a Divine Being is moving towards you—your guide for this journey. You may recognize this guide as someone who has traveled with you before. It may be an angelic or archangelic presence or a deceased loved one or maybe just a mass of brilliant Light energy. Welcome this guide now."

At this point Kathy saw her Guardian Angel, Julian, coming towards her and I allowed her time to communicate with him. He appeared to her as Jesus-like in long white robes with long, flowing, light brown hair. Kathy was surprised to see Julian, as she had expected Archangel Michael to be her guide, as Michael usually works so closely with her. Guardian Angel Julian smiled, put his hand on her hand to let her know he was with her and all would be well. His presence was very comforting. Apparently he carries a box always filled with the energies of faith and trust and can give these to Kathy whenever her own faith and trust are shaky.

After a guided journey in an inner "space craft," Kathy's consciousness arrived in her heart. Initially Kathy couldn't see what it was like standing inside her heart, so I suggested, "Ask your Guardian Angel Julian to hold your hand. Ask him to just point out to you any area that is

somehow irregular or not quite right; allowing him to make that very clear. Maybe Julian can just hone you in on any area that needs your attention at this time. Just let me know what you receive."

Kathy: "What I am receiving is a block—like a road block."

Michelle: "I'm asking you now, in partnership with Julian, to go and touch that road block. Go and connect physically with that road block."

Kathy: "It feels like stone."

Michelle: "Go and touch that stone, not only with your hands, but let the feeling of that stone wash over your entire body. Allow the emotion contained within this stone to wash over you allowing an awareness of that emotion."

Kathy: "Fear."

Guardian Angel Julian then assisted her to find the source of this fear, which was of a past life rape. Kathy commented on the level of panic she felt as the woman being raped, but then felt it shift completely. Kathy then realized, "That sense of panic and of violation has also been contributing to my panic attacks because when I have a medical intervention I am aware of the panic and feel powerless to stop it."

Michelle: "I'd like you now to just float back to where you felt that stone before, that road block. Going back into that area where that road block was occurring and just noticing now, in partnership with Guardian Angel Julian, if that stone or that roadblock is still there…."

Kathy: "I'm touching it and it is crumbling."

Michelle: "Touch it in as many places as you need to until all of it has crumbled away. If there is any part that refuses to crumble, please let me know."

Kathy: "There is a place that is still hard directly in front of me, although everything around it has crumbled."

Michelle: “With Julian now, just touch that remaining solid stone and allow the emotion that is contained within that stone to wash over you and let me know what that is.”

Kathy: “Rage—a sense of wanting to kill and destroy. Vengeance. I’m a male Native Indian warrior. What I am feeling is my family being slaughtered and this deep grief, rage, and anguish of not being there to prevent that slaughter.”

Healing therapy was then done around this past life, including release from self-blame, guilt and unforgiveness. Kathy later made a connection to her angry feelings towards her own father for seemingly not having done enough to prevent her mother’s death in her current lifetime.

Michelle: “And when you are ready, allow yourself to float back with your Guardian Angel Julian to that remnant of the stone wall. Just notice if that remnant is still there at all… and if it is, just go over and touch it now and watch it crumble. Let me know what you experience.”

Kathy: “I can see it crumble.”

Michelle: “Asking Julian if there is anything else in this particular area that you need to see or experience.”

Kathy saw a mirror and was invited to join the happy, carefree children playing in a field in the mirror—a reminder to allow more joy and playfulness into her life. She then said, “I want to send this playfulness and joy into my armpit (where the current cancer is) and throughout my body.”

Before I brought Kathy back to full waking consciousness, I invited her to spend some more time in communication with her Guardian Angel Julian. She had been aware of him smiling at her in the “space craft” on the return journey. He communicated to her, “Well done! Rest. Keep following your guidance and all will be well.” Kathy also felt a powerful release of energy at the end of the communication.

About Michelle Mayur

Michelle Mayur (Melbourne, Australia) co-creates transformational energetic shifts in women who are ready to make a bigger difference in the world. She assists mainly women to dissolve limiting beliefs and energetic blockages. She is the author of the best-seller, *Embraced by the Divine – The Emerging Woman's Gateway to Power, Passion and Purpose*. Globally, Michelle specializes in her unique Goddess Isis Healing of Love™ energy healing system, angel-guided spiritual healing, and clinical hypnotherapy www.angelwings-healing.com**.** She is also the founder of the Heal the Healer community with members from over one hundred countries: www.heal-the-healer.com.

The Blue Pyramid

by Leslie McIntosh (British Columbia, Canada; 1 of 2)

Barbara came to me for help with two issues. Although she was a Hypnotherapist herself, she was wise and understood she needed external help, as we all do at times. In our discussions before the session, we agreed that if we had time we would do both of her issues, as one was fear based and one was spiritual. I talked with her to understand what her spiritual beliefs were so I knew what she would accept as suggestions to take her to a place where she could talk to her Divine Council of Advisers.

We dealt first with her fear which required a typical regression. That resulted in a return to childhood, and with some assistance she was able to quickly reframe her issue.

With that out of the way, she was feeling free and we could then address her second issue which was the desire to connect with her Higher Guidance. She was feeling lost, and a bit disconnected from family, and from her purpose.

After we had completed the regression, I took her back to her "lake" which we had previously established was her safe place. I spent a few moments deepening her even more, and began to talk to her about how her

vibration was rising, how her physical body could stay there, safely in that garden, but that her Soul could allow its vibration to rise to a point where she could move up.

I guided her up into a space where she could see a pathway to a large blue crystal pyramid. I explained to her how this pyramid was filled with Divine unconditional love, and as she stepped into this pyramid, it would increase her vibration to a point where she would be able to see, meet and talk to her high council.

She described how she felt in this space filled with love and it was a feeling of wonder. Her council was wearing robes, were very loving, and one of them stepped forward to be the "spokesperson."

He told her that she should write this plan down so she could stay focused. He encouraged her to write a book or an article about what she does; about what they were advising her to do. He encouraged her break the rules, to follow her instincts, and that some of them would guide her through it, so everything she said would be safe for other people.

She was impressed by how peaceful they all were, and how kind. (*The look on her face during this session was one of absolute love.)*

An older man stepped forward to take her hand and told her that he is with her all the time. He encouraged her to stand up for herself, and to claim more of what she needs. He reminded her about how great she was. *(You know this kind of statement comes from their Higher Self when this person would not normally say things like that about herself.)*

He was clear with her that she wouldn't be coming "home" for a while as she had things to do here. He showed her a large blue square crystal and said that her purpose was as unchanging as that crystal.

Their most valuable piece of advice was, "Just love them all. You don't have to do anything else."

They ended her visit by serving her tea and when that was over, they all stood up and clapped and said, "She got it!"

After the session, Barbara understood she could be herself, and take care of herself. She came away knowing that she was important, wouldn't let herself be pushed by others, and knowing the solution to dealing with others was simple.

In speaking with her recently, she confirmed that she now recognizes, and allows, what others in her family think or say, to be "their stuff." Her path is much clearer to her now and she approaches life with more ease.

"I don't want to go down there!"

by Leslie McIntosh (British Columbia, Canada; 2 of 2)

Fiona was seeking to discover why she had such a difficult time when her adult boys disagreed, or fought. It made her very sad. We did a regression to find the cause of that sadness and angst when they fought, and she regressed directly into the womb. She could hear her father saying that he wanted another boy, not a girl, because boys work harder. She became both sad and angry—sad that her father didn't want her, and yet mad at him because she knew her mother really wanted her and he wasn't being fair.

When we regressed her back from there to the original cause of these feelings, she moved into an alternate lifetime on a planet that was not Earth. She was faced with having to leave that beautiful place, and felt the feelings of sadness and anger at having to go. She wanted to stay there. That was home, there on that planet. "I don't want to go down there," she said more than once.

The Elders encouraged her to go to "make a difference." "But I don't know those people," was her response.

Her home planet was so pretty. People moved differently, smoothly, easily. They were part of shimmering lights. Love came so easily to all. Everyone was peaceful and got along.

Her job was to go to earth and take that message to the people there, "…that they can be peaceful and can all get along." She still was wary, not knowing if she could do it. But she was a good student with a good teacher,

so she agreed, understanding that this task would make her even stronger and more loving and more forgiving.

The last hurdle she had to get over was a fear that she would forget her planet. That scared her. Her Elders told her not to underestimate the people on Earth. They cautioned her that it takes a long time for a civilization to change.

To make her realize she wasn't alone, the Elders programmed her so that when she saw another like her, they would shine so she could recognize them. There would be little "shiners," and big shiners. She would recognize them as being clearer and brighter than others. That perspective made her feel like she might have some fun on Earth after all.

The Elders final words were, "Lots of people on earth want you, and you can come back some day. She was also told that her brother would be going as well, and that he would become one of her sons.

At the end of that lifetime, we Soul Screened© all of her fears, reservations and the symptoms she had come in with.

When we tested her at the end of the session, and asked her to see her sons fighting, she was able to look at them and realize that they loved each other. She was able to stand back and not judge them. She did wish things in the family were different, but had to trust that they would find their way.

That session allowed her to be more peaceful with her role here, as well as around her family. It also gave her a clear understanding of why she had chosen to experience this incarnation and to remind her of what her purpose was during this current lifetime.

About Leslie McIntosh

Leslie McIntosh is a Clinical Hypnotherapist who specializes in Regression, Past Life Regression with Soul Screening© and Spiritual Hypnotherapy. She has a private practice as well as being the owner and

Dean of Education of Coastal Academy of Hypnotic Arts and Science. Her website is:
http://coastalacademy.ca

Past Life Regressions Resolve Current Problems

by Carsten Milling (Denmark)

In 2010, after I had been a certified hypnotherapist for about two-and-a-half years, I had one of my most unusual cases. It involved a married couple, where it eventually turned out that all their problems that they came to see me about apparently came from things they had experienced in past lives.

I have never done anything to seek out cases involving past lives; and this was my first meeting with this phenomena. But the married couple found me via my webpage and phoned to make an appointment. The wife, Karen (not her real name) had her problems; and her husband (we'll call him Frank) had other problems.

We arranged to treat Karen first, while Frank waited in the car; and afterwards they would switch. Karen was a small woman in her forties or fifties. She was neither fat nor skinny, but one of her problems turned out to be a strong addiction to food. If she had just had breakfast, she would begin to obsess about what to prepare next for lunch. Then as soon as lunch was over, she would start obsessing the same way about dinner. And that was all she could think about for a big part of the time. She never over-ate, but it was just very important for her that things were in order.

Using the "affect bridge" regression technique, I asked her to go to the initial sensitizing event (ISE, the core cause) of this obsessive feeling. She spontaneously regressed herself to a former life, in which she was a Polish woman in a concentration camp during World War II. She was very emaciated, was starving for food and literally turning every stone to find something to eat. She told me how she would even look for grass that she

could eat. She told me how she and her husband in that life had been rounded up by the Nazis and sent to the same camp—but they had been separated physically from one another.

I asked her to go to significant events in her life from that time on, and it turned out that she had barely survived her stay in the camp. Afterwards she was reunited with her husband, but then died only about a year after the war had ended (because of the terrible ordeal she had been through).

Her soul explained to me that in the life between lives after that life, starving in that life had been so terrible that she felt compelled to take the fear of not being fed with her in future lives. I was able to convince her that in this life, the one she is in right now, there is no shortage of food, and she decided to let go of this obsession.

During our post-talk she told me that both she and her husband were very open to spiritual things, and believed in reincarnation. And she also told me that she recognized her husband from her Polish life in the camp as the same soul that is her husband too in this life. They were connected souls.

Her husband, Frank, had a different problem: he loved his wife dearly and was devoted to her. However, every time he had sex in this life, he thought of it as dirty and unclean—and he had a hard time completing the act. His problem had been there always, even before he married Karen.

Using Affect Bridge we found an instance from this life where he was very young and had had a homophile experience—where another man forced himself upon him. But that had not been his ISE. So I asked him to go further backwards, and he wound up in France in a former life during the time where the French Huguenots were being driven out of France. This happened in the seventeenth and eighteenth century. And he told me that he was a French Huguenot and had been captured by the Catholics and put in prison—awaiting his trial. While in prison the (male) guards had forced themselves on him—sodomizing him and humiliating him as much as they

could. Eventually they killed him in that life, but his soul retained the memory of his ordeal, and this was the reason for his dislike of anything having to do with sex in this life. Once again, I was able to convince him to let this ordeal stay in the life, where it belonged—instead of letting it "tag along" to new lives.

I was recently in contact with the couple and asked them—five years later—if their problems that they came to see me about had been fixed. They confirmed that this was the case.

About Carsten Milling

Carsten Milling, CH, CI, National Guild of Hypnotists, Denmark, lived for three years in New York State, USA from 1962-65 and returned to Denmark. I speak English fluently. I started having a strong interest in hypnosis at the age of fourteen and played around with inductions and stuff in my teens. Found out I was rather good, but hadn't a clue what to do with it… and put it aside for a number of years. In 2004, the interest resurfaced, and this time I knew what to do. In 2007, I was certified by NGH and have worked with clients ever since. In 2014, I became a hypnosis instructor and am looking forward to educating hypnotists of my own now! My email is: trance@milnet.dk and my website is: http://milnet.dk

Flying as if on Angels' Wings

by Eric L. Rosen, Ph.D., C.Ht ., FPPR (Florida, USA)

Bryanna had always loved flying. With her father having been a commercial pilot for large airlines with global flights, and a mother who was a stewardess, now both retired, Bryanna enjoyed traveling with her two younger siblings all over the world while growing up. Eating pastries in Paris, pasta in Rome, fish and chips in London, she learned to love international delicacies, developed a love of languages becoming multi-lingual, and loved seeing new places and meeting people from all over the world. Flying was always part of the adventure to get where you wanted to

get to, until she began having a panic attack while traveling with her two children, one an infant, and one a toddler while flying from New York to Chicago for a work convention. Being a thirty-five-year-old pharmacist with a doctorate, and now working for a large pharmaceutical company which involved travel, her one panic attack had mushroomed into fear of flying, jeopardizing her six figure manager position that required travel. She sat and sobbed in front of me for our first psychotherapy session, desperately seeking relief and renewing the confidence in again flying without the grave apprehensions that now replaced that childhood, wide-eyed wonder she feared she had lost.

As a clinical psychologist in practice serving adults, children, and families with over twenty-five years' experience, and teaching doctoral students over the past ten years at The Florida School of Professional Psychology at Argosy-Tampa in the art of clinical psychotherapy, use of psychological testing and diagnosis, and recently use of hypnotherapy, many thoughts move through my mind as I am invited into the privileged private sanctums of the individual seeking relief. Bryanna, however, emanated a level of frustration and pain that was different somehow. She possessed tremendous strengths, depth of character, and warmth that was being eroded from within. Her greatest asset, her keen analytical mind and self-reliance were actually working against her; and being unable to reason her way out of the symptoms that plagued her furthered her feelings of helplessness, deepening her despair and belief in herself. Perhaps a greater tragedy was that she was losing faith in God, her higher power if you will, as even prayer wasn't bringing comfort as it always had in the past.

Her soul-felt energy was embodied in a statement shared with me in the first session. Bryanna enjoyed flying, because "I feel closer to God when I'm up in the clouds," though she had no intent to transition to the next life any sooner than required.

Many tools are available to the therapist in helping bring calm to the worried, hope to the despaired, healing to the grief stricken, and confidence to the fearful. Perhaps the greatest gift is support by presence, as a professional caring posture withdraws the pain of lonely shame that many bring into therapy, feeling that strengths that once may have worked to create relief in their lives, now has left them, betrayed them, become ineffective. Some individuals feel their pain is beyond relief, sometimes out of reach; but more often, because they may somehow in the far reaches of their private selves, their consciousness out of awareness, their subconscious mind if you will, believe they deserve it… as Bryanna did.

Bryanna's narrative of her life story unfolded as both tantamount to her optimism in life, personal gifts, though also revealing tremendous feelings of inadequacy that she tried to assuage through accomplishment, earning several terminal degrees, advancing in her career, and spiritually connecting with God through her church work, social justice pursuits, and community connections. However, dear to her heart was creating a family, as she had met her husband while in graduate school working on her Masters, having two small children; and then six months ago, learning that he had been having an affair that lasted through her two pregnancies. The marriage was over; and he blamed her for putting work above family, the very thing that gave her sustenance and purpose, so she thought.

Just prior to Bryanna boarding a plane trip with her two children alone after Bryanna and her husband, Bruce, had separated, they had argued by phone. He called her names, accusing her of not caring about the kids and her taking them to a conference through work with both kids on antibiotics from a sore throat. Bryanna had taken the children to the pediatrician and they were cleared to travel, with Bryanna having made arrangements to stay with an old college roommate who had offered to watch the kids while Bryanna attended one day of the workshop.

While on the plane, her fourteen-month-old daughter began to cry and whine, and Bryanna felt helpless to bring comfort to her child. She also feared that her husband was right. Bryanna felt impugned, helpless, though she was able to soothe and comfort her daughter who fell asleep on the duration of the trip. Bryanna's heartfelt that it was going to jump out of her chest. Her breathing became labored, thoughts of doom and gloom occupied her mind, and prayer did not help her as it had in other times of need. She had Xanax in her purse from her primary care physician that she had received during the first few months of the separation, and after taking it, Bryanna relaxed, stayed awake, and focused on her children.

Since then, flying became more perilous in her thoughts, and phobic responses to even thinking about getting on a plane were overwhelming. Bryanna had seen her primary care physician, who prescribed a benzodiazepine, Xanax, to help create calm and reduce her anxiety; but while it helped on the plane trips, her fear of getting on the plane increased tenfold. She was placed on a medication to help chemistry realign itself, Paxil, though the fears did not subside. Bryanna sought help with another therapist who used a kind of therapy technique very commonly and effectively used in therapist offices around the world, Cognitive Behavioral Therapy, which helps to strengthen awareness and thinking strategies, to confront distortions in our thoughts that undermine our best intentions, and which then supports development of symptoms. These combinations of clinical psychotherapy techniques did not help Bryanna, who continued to feel more helpless and condemned to suffer. That is when her primary care physician who knew of one of my specialties as being clinical hypnotherapy, referred her.

For practicing clinicians seeing many persons using their managed care, it often requires doing an initial intake session and then seeking insurance authorization for any specialized services, which was the case with Bryanna. In our first session, I had learned that Bryanna's parents were

divorced when Bryanna was around six years of age, with her parents having brutal verbal arguments; and both parents were masters at putting her in the middle between them, guilting her when she tried to talk about the wonders she may have experienced on her trips with one parent to the other. As a result, Bryanna learned to ‘stuff her feelings,’ and hide parts of herself from each parent so as to ‘keep the peace,’ and to weather her parent’s disdain for each other. She also learned to hide these parts from herself.

Cognitive Behavioral Therapy, as well as family systems work of understanding the dynamics of family changes, even psychodynamic tools of exploring childhood wounds and self conceptions that grow from these experiences, all are powerfully effective means of helping create behavior change, and relief in people’s lives. However, as human beings, we live in two places at all times: the conscious awareness that is our present reality, that wakeful alert activated mind, and the awareness outside of our conscious thought, the subconscious mind. Now, this kind of psychological thinking can, for some people, feel too magical, mystical, and unscientific. But consider your computer, or known to most now-a-days, your cell phone. While your APPS can be pressed, or clicked on to activate a program, and then used effortlessly to perform countless functions, what is marvelously hidden is the operating system in the background: your settings, that you can adjust, make brighter, louder or softer, more melodic or colorful. Sometimes the therapist who only works at the conscious level forgets that he or she is actually talking to both minds of the individual, perhaps even forgetting that their two minds are also making connections with the two minds of the client as well.

Now let’s add in another dimension: that of parts. From the works of Charles Tebbetts, furthered by Dr. Roy Hunter (2005), advanced from thought by Gordon Emmerson, PhD (2003), we wear many different hats as individuals. As family member, son or daughter, friend, lover, employee or

employer, bowler, boater, homemaker, household chef, or chief financial officer of your own home, these roles or jobs carry with them pieces of our identity. Sometimes, conflicts as we grow become entangled in these pieces on a level outside of our awareness, in our very ‘Settings,’ if you will. Talk therapy may not access these parts and awareness outside of our awareness, and consequently, symptoms linger and are sustained by these unconscious conflicts outside of our awareness, fueled by the interests that our disparate parts perpetuate because each part in its own way defends the whole person. For example, a smoker may continue to smoke, not only because of the addictive elements in cigarettes that create dependence for the nicotine receptors in the brain, but because that one part of the individual who smokes overworks to take care of fear of loss of security, while another part that wants to stop knows the healthy benefits of stopping. Conscious conversation to expose these subtle motivations of parts cannot always be accessed on a conscious level. They can only be accessed in therapy through a mechanism that helps the conscious mind talk with the unconscious mind, and parts to communicate with other parts. The operating system must be accessed to create change and healing.

Bryanna’s efforts to create change through talk therapy at the conscious level, even in tandem with pharmacology, indeed her field of study and career, were not effective because her symptoms were tied to conflicts at an unconscious level.

We began to broach use of clinical hypnotherapy using Parts Therapy in the second session, first to de-mystify and naturalize Bryanna’s understanding of hypnosis, seeking informed consent to utilize this technique, giving her opportunity to experience being in trance, and seeing the level of personal control and pleasantry of the experience. Our therapeutic interview helped to expose the conflicts that had cemented in her conscious wakeful state, and were maintained by Parts in her

unconscious mind. Use of regressive hypnotherapy technique to help expose points of origin for her conflicts seemed to reach doors that would not open.

Parts Therapy helps to expose these parts, name them, and create a dialogue to expose unconscious motives which sustain symptoms. Honoring these parts and valuing their contributions, helps the self-made of these parts to create peace. Bryanna was able to label the part that fueled the panic attacks as “Anise,” which from our family systems interviewing, turned out to be mother. The Part that wished to be rid of the panic attacks was labeled as “Bitzy,” Bryanna’s nickname growing up. In accordance with Parts Therapy technique, both parts were invited into dialogue about their purpose, motives, and reason for being there, encouraging understanding of the part about what it wanted for Bryanna, and then from the other part in order to ‘help’ Bryanna.

What unfolded was a dialogue between parts that also helped me as psychotherapy better understand that Bryanna’s parts were in conflict because Anise was critical of Bryanna working, feeling she was not a good enough mother, and the panic attacks were incited to help her ‘be a better mom,’ and stay with her children. But “Bitzy” experienced it as control which Anise always did through inducing guilt, and condemning Bryanna for not always getting A’s in school, the need to be the best student, getting the advanced degree, making money, and further a career, one that Anise always felt she did not do for herself. “Bitzy” then felt weak, disempowered, and guilty. Another part was called out, the process of exposing parts that may also still have an unconscious influence, when their efforts to dialogue became stuck, and another part was suspected of contributing to the stuck feeling, which incited the panic attacks as an unconscious attempt to create balance in Bryanna’s war torn subconscious.

“Take Charge” emerged as a part that in many ways, may have been incorporated parts of how Bryanna experienced her father, those parts she admired, though feared when he too used to use guilt and anger to impose influence. Efforts to help *Take Charge* to impart peace between Bryanna’s parts of “Bitzy,” and “Anise” also did not lead to accord, possibly because on an unconscious level, Bryanna was struggling with incorporated parts internalized from both warring parents as she grew up and compartmentalized these influences.

The unconscious mind is not linear or logical, and how we parcel and configure influences, conflicts, and events in our lives can be illusive to the conscious mind. For Bryanna, “*Fear of Failure*” was another part that may have been lurking in the shadows of her mind, though unwilling to emerge.

Given Bryanna’s spirituality, which had always been a strong source of comfort, not imposing any religious sectarian view in the therapy by this therapist, I asked if perhaps Bryanna’s subconscious mind could entertain invite from a Higher power, one that might link her with those teachings, feelings, and supports that she had drawn in from the past and that took care of her, even when she might not have conscious awareness. Using Dr. Roy Hunter’s *Spirit Trek* technique, a Higher Power part emerged that seemed softer, confident, encompassing, telling the parts to “Stop fighting, make up, and let Bryanna fly again… as if on Angels Wings.” These are metaphors I had used in the induction process which helps a client *go into trance*. Efforts in this hypnotic venue also brought forth verbiage to affirm being confident and not deserving of feeling immobilized, though seeing moments of ‘fear’ not as punishment, but just body signals.

We then continued to utilize the hypnotherapy verbiage that promotes confidence, letting go of fears to augment empowerment, and ways to see herself as a very capable mom when traveling either with her children or alone. Outcomes were significant as Bryanna was able to attend a family

reunion which she had to attend with her young children in tow, on a seven-hour flight with changes, from the East Coast to Hawaii. *Flying on Angel's Wings* now has meaning for Bryanna on multiple levels.

NOTE: this case study is a redacted amalgam of successful cases Dr. Rosen has achieved using Dr. Roy Hunter's Parts Therapy and Spirit Trek. Changes have been made in to preserve patient confidentiality, in accordance with HIPPA and Florida State Statutes as a practicing licensed psychologist.

About Dr. Eric Rosen

Eric L. Rosen, PhD, CHt, FPPR, with Family Psychological Services of Palm Harbor Inc., is a licensed psychologist in New York and Florida. He is an adjunct instructor with Argosy University-Tampa, an A.P.A. accredited clinical psychology doctoral Psy.D. program. He specializes in working with children with ADHD, is fluent in American Sign Language (ASL), and engages in forensic work with adults and children. He has a diplomate fellow in psychopharmacology and is an IACT Master Trainer in Clinical Hypnotherapy.

A Gentle Soul Overcomes Fear

by Stephanie Rothman (Arizona, USA; 1 of 3)

A lovely, dainty, gentle soul, with a soft-spoken German accent, Mary (not her real name) never felt like she belonged, even to her own husband and children, but especially not to her mother, father, and siblings… and not even to the human race. She had a kind of melancholy spirit, and told me that she always felt a little sad and never had much energy. She had recently moved from another state to Arizona and did not like it. The original reason why she called me was because she had an almost phobic response to scorpions. As it turns out, the scorpions were really only a symbol; all her life she always had one fear or another to focus on, and her latest one was scorpions. She felt like her fears were getting worse and worse, but the pattern that was common to all of her fears over the years was her fear that she could not protect her family.

Being fairly new to Roy Hunter's parts therapy, I used his Spirit Trek protocol for her original presenting issue of the fear of scorpions. Doing the protocol really requires the hypnotherapist to put their ego aside and not interject their own thoughts, beliefs, and resolutions. I've learned that it is far more powerful to allow the client's own inner Higher Power part to reveal answers in the long run. That being said, it does require the hypnotherapist to be patient, an attribute that I have sorely lacked! However, the payoff of being patient and doing the protocol as Roy has created it is being able to witness true miracles.

In our first session, even though I didn't follow Roy's Spirit Trek protocol to a T and even interjected quite a bit of my own beliefs and opinions, the client came to her second session reporting that she felt much

better: so much more relaxed about the scorpions, and so much more peaceful in general. Her family noticed a big difference in her demeanor, too.

Mary came to her second session wanting to know why she felt no joy in her life. She knew that I had planned a Spirit Trek for her, and she was very open to that; and she got a pretty amazing result.

Whenever I do any sessions with spiritual clients, I begin by calling in both their guides and mine. Taking note of whatever my client's beliefs are, I may call in the following healing powers to guide and assist me in helping each individual as best I can: God, angels, archangels, healers, teachers, ascended masters, ancestors, etc. I can always feel the presence of these beings of light whenever I call on them. I can feel them now just typing about them!

I'm used to assigning fingers for ideomotor responses, but I did not do that this time. Every one of Roy Hunter's approaches to hypnotherapy and healing are very client-centered, and there is so much honesty, truth, and perfection in that. I had Mary assign her own finger responses, and then hypnotized her to somnambulism. However, even though I wrote down which finger meant what, I forgot that her finger responses meant something I wasn't used to! So I got a little confused, but finally figured it out. I did the one hundred to one scale of hypnotic depth, and the client reported (through finger responses) that she was between a level twenty and ten! Very deep indeed.

It is a hypnotherapist greatest joy to work with a good hypnotic subject, and this Spirit Trek client was exactly that!

Calling out her Higher Power part which Mary calls God, I established rapport with her part by thanking it for participating and by letting it know Mary and I were there to hear and listen to whatever wisdom it might

impart relating to Mary's question of why she felt such a lack of joy in her life (why she felt sad so much of the time and why she had such little energy for life).

We (Mary and I) learned that she never felt as though she belonged, never felt accepted. She never felt that she was a part of her own immediate family because they were cold, distant, and neglectful.

Her Higher Power part said that it was a reflection of her family and not her. I asked her Higher Power part if she could learn how to belong… Yes. I asked her Higher Power part if it could teach her how to feel like she belonged…Yes. (I always sincerely thanked the Higher Power part whenever it gave an answer that supported Mary in a most delightful way). I could see Mary visibly relax deeper whenever I would acknowledge my gratitude to her part for assisting her. My take on that is that she owned the experience herself on a deeper level because of my acknowledgment.

Our dialogue continued as follows:

Stephanie: "What guidance can you give Mary so she feels like she's a part of the human race?"

Higher Power: "To trust."

Stephanie: "Can you help her to trust?"

Higher Power: "Yes."

Stephanie: "Can she trust right now?"

Higher Power: "She would love to, but she can't."

Stephanie: "What does she need to know in order for her to trust?"

Higher Power: "She needs to trust her feelings."

Stephanie: "Can you help her to do that?"

Higher Power: "Yes."

Stephanie: "When?"

Higher Power: "Now."

Ahhh… The perfect answer came from the client's Higher Power part itself. I could not have planned that response any better if I had interjected my own desires for Mary. And since it came from Mary's own Higher Power part she is much more likely to own it.

We wrapped up the session by asking the question of what else she is permitted to know (which is part of Roy's protocol), and the answer was that she was on the right path; and that Mary is in the right place right now. And then I asked what conclusion she could come to, and the answer was, "I belong to my family."

Afterwards I gave Mary suggestions for integrating her parts. Then I continued on with suggestions for feeling peaceful yet energized; and more alive than, perhaps, she'd ever felt in her whole life… and that yes, indeed, she belongs not only to the whole human race, but the whole animal race, insect race (which brought a smile), tree race, ocean race, and so on, I slowly brought Mary out of trance. When I asked her how her experience was and what she felt now, she had a gentle, peaceful smile, and a glow that seemed to come from within as she said, "More peace, more connected, more a part of everything." Amen.

Light Shows the Way

by Stephanie Rothman (Arizona, USA; 2 of 3)

You could understand why my client Carey (not her real name) was angry. She had a previous husband who committed suicide, and then a boyfriend did the same… the same boyfriend who knew that her husband did so, and that it would crush her if it ever happened to her again. Plus, the boyfriend was the only father her daughter had ever had, and that was the thing that made Carey the most angry—that her daughter now had that violent legacy with no father to turn to.

To make matters worse, Carey's sister was very violent, once hitting Carey in the back of the head with a frying pan. Carey always felt (and still does) that her sister is pure evil.

Carey now has a boyfriend who, in the early stages of their relationship, cheated on her. Granted, Carey was very adept at pushing people away out of fear of losing them, and ultimately she had pushed her boyfriend away. But she was also angry because of that fact… understandably so.

So with a history of such violence and betrayal, Carey finally came to me to help her with her anger after she had broken a sliding glass door by kicking it with her bare foot (which she didn't remember doing). A few drinks had been involved.

In her first session with me, I introduced her to the concept of a Spirit Trek, and she really liked the idea. I'm finding (even in my very conservative city of Phoenix, Arizona) that most people are very open to spiritual ideas. To tell you the truth, it is a constant source of amazement to me how many clients I get that not only believe in God, but angels and past lives (and more!). On my intake form I ask my clients what their spiritual beliefs are (if any). Most clients confuse this question with religion, and I

generally have to clear up the differences when I am face-to-face with them. But the door has already been opened since they fill out their intake forms ahead of time. I would say that easily ninety percent of my clients believe in a Higher Power.

Before I ever even begin a session with a client, I pray for them to receive their highest and best good from coming to see me. I believe this puts me in a highly receptive state of mind and spirit and that I am wonderfully open to higher forms of wisdom and intuition.

Instead of doing a Spirit Trek with Carey in our first session, I decided to use Emotional Freedom Techniques. As an EFT practitioner since 1998 trained directly under Gary Craig (the founder and creator), I am pretty adept at getting to the bottom of a person's issues (although I have since learned that both Roy Hunter and Bruce Eimer, a contributor in this book, believe that the subconscious mind's truths can more accurately be revealed while the individual is in deep hypnosis, and that when trying to determine them on a conscious level, practitioners are wrong easily fifty percent of the time!). But it seemed that Carey and I had gotten to the core of her anger by using EFT. I corroborated this with muscle testing.

I learned that when she came for her second session Carey felt that she had been relieved of the burden of her anger related to the two suicides, her sister, and her current boyfriend's betrayal. She and her boyfriend had gone on a little trip over the weekend, she had had a few drinks, and her boyfriend even noticed how easy-going she remained. Is Carey completely free of her anger? Only time will tell. However, there was more to be done.

Because of the violence and betrayal of her past, Carey found it difficult to move forward with relationships of any kind. She felt that she wanted more relationships with women as friends and wanted to be able to open up to create true connection. She never had trouble telling her life story; but at the end of the day, she didn't feel as though she could trust

another woman enough to be close friends with them. She felt comfortable connecting only to her core group—her daughter and her boyfriend, and that was about it.

Carey's question for her Higher Power was "How can I learn to open my heart and trust?" Her Higher Power part was called "Light." I observed her to be very deep.

"Light" agreed to two-way verbal communication, but that never happened! The dialog was going on internally even though I reminded "Light" that it said it was okay to speak out loud. So as not to lose rapport with Carey or her Higher Power part, I proceeded on with the Spirit Trek while Carey processed her dialog internally.

During debriefing, I found out that Carey learned that she could move on and trust people as long as she kept her eyes open. She learned that she could take baby steps to form deeper relationships, and that it was okay to move on from her past. She learned that it was important to forgive most of the players in the dramas of her past; but as it turned out she was not ready to forgive all of them, and that was okay for now. She could still move on and trust.

One week after my client's experience, she writes:

My Spirit Trek experience was amazing. The best way to describe it for me is that we are all more powerful than we know. The way Stephanie guides you to help you learn answers to the questions you have had about yourself and how to heal from your past, and/or present, is brilliant. Under hypnosis while I listened to 'Light' it became obvious as the words and solutions repeated over and over. 'Light' was answering and repeating what I should or needed to do to move forward with my known and unknown fears. My Spirit Trek gave me answers I may have already known, but never had the confidence and guidance to listen to them and trust what I was hearing.

So now, day to day, I am now aware of times when I might doubt or revert back to old emotions, and I realize that I'm doing it! I think that's pretty powerful. My Spirit Trek has given me tools to keep working on me. And made me more aware of what I need to do to truly change what I want to change.

As a bonus, it came to light during my Spirit Trek that I should open up more; let people into my world. That very day on my way home I stopped at a regular store I go to. The girl who always helps me and chats with me was there. We exchanged numbers! We spoke a few times about getting together in the future. Pretty cool for a gal that was totally closed to relationships outside of my little family, I'd say."

Next, I will see Carey's fifteen-year-old daughter. And if it makes sense, she will go on a Spirit Trek, too.

Linda's Big Decision

by Stephanie Rothman (Arizona, USA; 3 of 3)

Should she stay or should she go? This would be a very difficult decision for my client Linda, who had just recently taken a position with a new company as the Executive Director. She had just gotten her old business up to snuff and discovered that they were closing the doors. A fine woman with a heart of gold, and an enormous sense of responsibility toward her employees, Linda wanted nothing more than to make sure her employees were not out of a job when the old company would close. What seemed like a gift from heaven, the new company she interviewed with could take her on as Executive Director as well as all of her employees! Nobody would be out of a job, including Linda. She knew that the new company had problems. Nobody hid that from her. She knew she would be taking a smaller salary at first, and then when she reorganized the company

and/or found other monies, her salary would be revisited, but she did not know the extent of the mess she was getting into. She expected a mess, but not this big of a mess!

Linda had a very big decision to make. A devoutly religious believer of God, Linda was overwhelmed with the enormity of what she had taken on, and she felt hugely responsible. A Spirit Trek seemed the perfect choice of a tool to help Linda decide whether to leave her new company or not.

Linda and I are not only hypnotherapist and client, but friends; so having her find peace and answers was very important to me. I was hoping I could help her. I prayed for guidance as I always do, and asked that both my and Laura's healing resources guide the process and help her to get her answers.

In Linda's own words:

I found the whole process amazingly helpful and invigorating. I recently took an executive position with a healthcare company that provides end-of-life care. During the interview process I was not informed of some of the issues the company was facing. So, when I started the job, all of the issues became readily apparent – many of which required immediate action. The responsibility was crushing. The first four weeks on the job were very stressful.

Friday, when I walked out the door I really just never wanted to come back. The next day I spent time with Stephanie and she helped me through the Spirit Trek process. When I arrived I was anxious, and had not slept well. As soon as I got a hug and sat in "the chair" (which really has become a safe zone for me) I began to relax. And as Stephanie started the hypnosis process, I felt my stress and anxiety begin melting away. I needed some answers and direction. My question was: should I stick with this job? What is my purpose in this whole mess? As we progressed through the process, the answer was clear and multifaceted. Yes, I should stick with the job! I have the potential to turn the company around and build an amazing

team of healthcare providers and ultimately impact end-of-life care in our community. By the end of the process I was calm and felt "grounded" for the first time after weeks of turmoil.

I returned to work last Monday with renewed purpose and energy. It's not an easy road but my path is clear.

When a spiritual client has a big choice to make, a Spirit Trek is a fantastic option for a hypnotherapist. Roy Hunter is really on to something. It has been my surprising and delightful experience that many of my clients are very spiritual, and open to connecting with their Higher Power part for answers and guidance.

About Stephanie Rothman

I was trained as a Hypnotherapist in 1993 at the Hypnosis Training Institute in San Diego, including well over a thousand hours of training in Hypnotherapy, Energy Therapy, and NLP. I have taught new techniques which I created at the School of Healing Arts in San Diego, and I have held many workshops for healers and the general public on both the west and east coasts. I have had my own radio show, been on local television, and am the Director and Moderator of an online worldwide hypnotherapy network that has hundreds of members.

My practice is in Phoenix, Arizona, and my website is: www.lets-talk.com

Healing Unresolved Past Grief

by Kelly Tallaksen , BCH (New York, USA)

Client age twenty-four presents with the following issue: client feeling overwhelmingly sad over the loss of two very important people in her life. The first important person being a family friend that the client referred to was her aunt. This is the client's first experience with the loss of someone close. At the time of this loss, client was eighteen years of age.

The second major loss happened four years later when client lost her uncle who was a huge father figure in her life.

As a facilitator, I led the client into a deep relaxed state where she was able to fully relax her body. From there, I led the client's mind into a higher state of consciousness until she felt fully connected with higher energies. I then asked the client to call in the energy of her loved one she calls Aunt Linda. And I asked her to raise her index finger when she could feel the energy of her loved one connecting with the client's higher consciousness. She raised her index finger immediately.

I facilitated a dialogue between client and her loved one. The dialogue included the client expressing her feelings of loss and deep sadness to her loved one (including some tears). I then asked the client to listen for a response and to let me know if she would like to share that response with me. The client shared the response from her loved one and felt more at ease due to this heartfelt connection and closure that the client was yearning for.

I then had the client ask her loved one what would be a symbol of the loved ones spiritual presence around the client. The client received a message from her loved one that, when she hears the wind, her loved one is near. I then asked the client to share any other words she'd like to share with her loved one, which she did so privately and waited for her loved ones response. I had her raise her index finger when she was done

communicating with her loved one. This same process was done for her uncle. Client said the process was quite healing for her. I followed up with the client one week later to ask how she was feeling and she responded as follows:

I have been feeling much more at ease with the thought of death and those that have passed. I actually was able to help one of my close friends get through a very rough time with a loss explaining how they are always here.

You have been an incredible influence on my life and I am so grateful I opened my mind and heart to hypnosis by you. Honestly life changing.

About Kelly Tallaksen

Kelly Tallaksen is a Board Certified Hypnotist with a practice in Long Island, New York. Her website is: www.heartsinharmonyhypnosis.com.

Healing from Eczema

by Susan Turner (British Columbia, Canada)

Mike walked into my office wearing a ball cap, long sleeves and collared up shirt. When he sat down I noticed how raw his hands looked. His cheeks were a mixture of dry and cracked areas, visible for the world to see, and the ball cap hid the same eczema condition. In fact this was a particularly bad bout for him. Not only were his hands and face involved, other areas had the eczema too. He was having trouble sleeping from all the itching. He was uncomfortable, couldn't sleep, and his mood was very low. Mike said he had low energy and felt mildly depressed.

As a business owner, Mike was the spokesperson for his business. This was a role that placed him in front of the media, in lecture rooms, and business meetings. Not only was the visible condition uncomfortable physically, it was emotionally difficult as well, and it made him want to hide. The doctor had given him cortisone cream to help, but he said he was using it sparingly because it thinned the skin.

A business contact recently introduced Mike to the idea of hypnotherapy. She shared success stories she had personally experienced, and told him how this form of therapy works quickly by opening the subconscious to find the root cause of the issues. She gave him my contact information and that is how Mike found me.

Since he was an out-of-town client, we agreed on double sessions. He had what would be considered four sessions over two days, one week apart. In discussing his case and health history, Mike shared with me that he had had a near-death experience, a severe reaction to anesthesia. During the near death experience he saw the tunnel of light and light beings in the

light. Mike had been drawn into the tunnel and felt the unconditional love the light contained. From that experience he was now open to the idea of an energy beyond this world, and the idea of light beings and angels.

Recognizing Mike's stress level needed addressing, we worked on the anxiety first with parts therapy, and then regressed the part. Mike saw two lonely children who were sad, dirty, unkempt, rejected and alone. As he had described himself as energy sensitive, he was asked to feel the energy of each. Mike described one child as a messenger responsible for communicating and burdened with responsibility of both of them, the other dependent on the care of the first child. In the work together it was suggested he let the white light of unconditional love cleanse the children, and then asked if he noticed the angels in the light who were there to be with the children. Then he was asked if he was ready to allow them to move into the light and be with the angels to be fully loved, appreciated, and cared for. He did this, and then his expression went peaceful. He said the children felt reassured, calm, loved, and cared for. On seeing this, the part decided it could relax and decided to let go of the anxiety; and instead became the 'Light' part that would radiate light to all parts of subconscious and to the client from this moment forward, boosting the light when needed.

In the following session another part was creating anxiety. Unlike the first part, when this one was regressed, the source was a childhood experience of encountering a negative energy. In hypnosis he recounted coming into the garage smelling a rank, unfettered, rotting, putrid energy, smelling kind of like cat litter. When asked the source, he called it a 'negative energy.' When asked to provide more detail, Mike said the energy had malice of children, scared or angry. It was suggested he bring in the clean. Mike did this until everything was clean. He saw the light absorb the negative energy and that he (the child) was in an energetically clean garage, feeling good. I brought attention now to the child asking him to notice how pure, innocent, and loving the child is and how clean. Talking to the part, it

said it learned that the ‘dirty’ wasn’t him, but the negative energy in the garage, and decided to stop sending negative messages to the client, choosing instead to send loving message to the client of love, pureness, and of cleanliness.

Client reported sleeping better. He was calmer and noticed shifts to his emotional well-being, feeling more balanced.

In the next two sessions, we talked to the immune system the Higher Self part he called ‘Hal’ and the Doubt/Sabotage parts. The immune system part talked about the energy of a child feeling threatened and tired. The pure light of unconditional love from Divine Source was brought in to do what was needed to be done to regenerate, renew, balance and restore energies to optimal levels. This included releasing anxiety so that the body can receive the right nutrients to heal and restore, followed by adult/child rescue. (Adult/child rescue is very useful where a client needs love, protection, guidance, etc., and cannot get what he or she needs from the parents.) In this case, it was important for Mike as the child to know he is fully loved, worthy of love, and that adult Mike will always protect him and never leave.

Mike called his Higher Self Part ‘Hal’—who emerged from the subconscious when the part that held Divine guidance for Mike’s highest good. ‘Hal’ gave nutrition information including cleansing foods, dandelion teas to consume while avoiding abrasive spirits (alcohol), coffee. ‘Hal’ then brought down a protective golden light from Divine Source to assist and help the mind to move from the defend position to state of allowance.

The final part uncovered was called Doubt, a sabotage part that said it was creating and preventing healing because he didn’t want Mike out in public or be successful in business. Regression was needed to find out why it feared the public and success. The regression took Mike to a stage fright incident at twenty-five years of age when he was scared and nervous. He

feared judgment of others, causing his face to weep from eczema. In this moment Mike feels that his adrenals are kicking in to try to protect him, he's scratchy.

'Hal' was asked to come in with the golden light to adjust the immune system, while Mike listened to suggestions to feel the flow of the light. Direct suggestions we given around the positive role of adrenals to give energy to prepare for event, for enjoyment not to rush or hurry. Mike listened as he was introduced to what judgment creates: anger, which creates negative responses—builds walls against self and others. Then I asked him to consider what love creates. As he mulled this over he was invited to use the light of love to release fear of judgment. My client responded positively to suggestion.

Deeper work was still needed, so Mike received direct suggestion introducing the idea that the immune system had been reacting to a pattern that has been there for a while, that was no longer serving him. It was a pattern inappropriate for his highest good, using the wrong energy—fear—to perpetuate it. What Mike didn't know was that he had a natural blueprint—the blueprint he was born with, and this blueprint in his immune system knows when it can chill out, respond when needed, but otherwise stand down. He was regressed to a fetus in-utero to bring back the pattern of the natural immune system across to present day. In his imagination we did a future test and Mike was astonished to find natural immune system response.

A few days later Mike received an mp3 recording of suggestions tailored from the positive learnings of his session, complete with brainwave entrainment. I included in the direct suggestions: the Divine love and light, and the knowledge that the angels were supporting him on all levels, including the immune system, so he could be calm, happy and balanced.

I checked in with my client by phone a few days after session; and he reported feeling good. He was listening to the recordings as regularly as possible. He said he would call me if he needed further sessions. I didn't hear from him again.

Nearly a year later we randomly happened to run into each other; he was on his way to a business meeting. He gave me the biggest, sincerest hug of appreciation. He quickly expressed his deep appreciation for the work we had done together. His face was completely clear and his skin was glowing. He seemed happy and vibrant! No ball cap in sight!

About Susan Turner

Susan Turner is a certified hypnotherapist and an instructor at Coastal Academy of Hypnotic Arts & Science near Vancouver, BC Canada. She recently developed a new program: Advanced Spiritual Hypnotherapy, from the skills and approaches she developed through 7 years of session work and 5 years volunteer work as group organizer of Surrey Spiritual Guided Meditation classes. Susan has received training in Parts Therapy (Roy Hunter), Pain Relief Educator (Michael Ellner), Ericksonian Hypnosis (Nicole Koch), Cognitive Behavior Hypnotherapy (David Kato, PhD), among others and is also a Heart Resonance teacher. You can contact Susan at info@betterlifenow.ca

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Fertility

by Teresa van Zeller (California, USA)

When it comes to working with fertility clients, I get excited because thus far I have a 100 percent success rate. Okay, I have only worked with nineteen clients who came to me specifically for fertility issues. However, it still sounds very impressive to say that every client successfully conceived and went on to carry full term and give birth to beautiful, healthy babies. All but one of them conceived within one to three sessions. All but two of my clients were diagnosed with unexplained or idiopathic infertility, meaning that doctors found no pathological reason in either the father or mother for having difficulty becoming pregnant. The one client that did take longer than three sessions to conceive and carry her baby to full term actually was also one of the two clients that did have a medical issue involved.

What could encompass spirituality more than conceiving a child? The mere logistics of conceiving a child, if one were to really break it down and consider what is necessary physiologically, anatomically, biologically and environmentally for conception to take place and then to progress for nine months until a beautiful, healthy baby is born is almost mind boggling. One must concede that the creation of life is truly a miracle of nature. What should be reassuring to every couple wanting to expand their family is that nature has really perfected the creation thing. For everything to be “just right” to create a new life, statistically, the likelihood of this happening is less than one in two billion chance and yet there are over six-and-a-half billion humans currently walking on this planet. I like to impress upon my client that “Nature has got you on this one!” With that being said, now we have the task of why it hasn’t happened thus far.

As I have been teaching for years, having a baby really is the most normal, natural, basic physiological, fundamental beginning of life. Of course, every client coming in with fertility issues is different however I have found in my experiences, that when it comes to unexplained infertility, there are several points that remain somewhat consistent throughout. I will discuss those points here, however, this case study will focus on the one client that did need more than the "the simple basics" to conceive and ultimately carry her baby to full term.

I truly believe that if the body or mind can create it, then the body or mind can get rid of or "un-create it" as well and I approach every client with this same philosophy. Whether the block for conception is pathological, mental or spiritual, we need only discover what the blockage is and why it is present. Then we need only discover what the desired resolution is and help the client "do whatever is necessary" to "remove the block" so that she is free to receive and nurture this new spirit into being. I will access any technique, thought process or belief system that the client needs to utilize in order to achieve the desired goal in the process. I should emphasize that if there is a medical or pathological reason, then of course I would acquire a doctor referral and would be working with the physician and NOT instead of the physician.

I shall refer to my client in this case history as Jane. Initially, Jane excitedly called me in early December to sign up for my B.A.N.I.™ childbirth education course. She was eight weeks pregnant at the time, which is rather early in the pregnancy to be signing up for baby classes, however I have learned over the years that women who sign up that early in pregnancy for their baby classes usually have a need for and benefit from the education and stress reduction that is presented in the course. So Jane was signed up and very excited about starting the first class the following month. Unfortunately, a few weeks after enrolling, and a week before the start of class, I received an email from Jane stating that she would not be

attending the class because she had miscarried. I called her to tell her how sorry I was and to let her know that I would of course be returning her deposit. She asked that I hold on to her deposit for the time being without stating why, and my instincts told me to agree without asking any questions.

Two weeks later, I received another call from Jane asking if I thought hypnotherapy could help her to deal with the grief she was experiencing over the loss of her baby. I told her that I believed that hypnotherapy could certainly be beneficial in dealing with grief; however I also believed it was important to allow a period of time for her to experience her emotions as it is a natural part of the grieving process. She told me she understood all that, however, she also had other issues that she really wanted to talk about and "Would I please let her come in?" I agreed and set an appointment for the following week.

When Jane arrived, I had her fill out an intake form and I was surprised to find the laundry list of issues that she had checked off, including body contouring, everyday fears, guilt, stress, self-confidence and so much more. I feel like I should add that this young woman was beautiful, not the least bit overweight, highly educated and, from extensively going through the rest of her intake form together, seemed totally happy and content with her life. There seemed to be some serious conflicts going on between what she was verbalizing to me and what she had written and was feeling. Interestingly enough, there was not one mention on her intake form or one comment was made during our initial visit about Jane's miscarriage or having lost her baby a few weeks earlier. Indeed, the main concern at this first session after talking for one-and-a-half hours was general stress and anxiety in her everyday life.

Now I do believe that every person must travel their own journey at their own pace, and my job is to help them find direction without judgment. And I teach Roy Hunter's course because I believe in his philosophy that we deal with what emerges which rarely is the same reason that was given

for setting up the first appointment. I must admit that I was a bit perplexed that our discussion on the phone one week prior was spent talking about helping this woman to hopefully deal with her immense feelings of grief, and now that we were face to face, the loss of her baby hadn't even come up in conversation. Indeed, her main concern at that first session was stress and anxiety and learning how to relax which she felt she was totally unable to do.

So, off we started on this journey and it was becoming clear that, although with some clients we can quickly get to the core issue cutting right to the heart of or "center of the onion" as I like to say, this client, we were going to have to start "peeling that onion" one layer at a time… and the more we talked, the more layers there appeared to be. I believe that Jane instinctively understood this as well, and she appeared quite content to hold off on the "baby issue" for now so that she could gain back control of her life that as she put it, "she had totally lost sight of" over the past few years. This was nicely refreshing as the typical fertility client comes in with "failure" practically flashing across their foreheads because of their past inability to conceive and "tunnel vision" wanting only to become pregnant so that they no longer feel broken or inadequate. Although Jane and her husband had been "trying" for about a year to get pregnant, having lost the baby seemed to make her want all the more to find balance in her very stressful and hectic life.

It was easy for Jane to accept my first suggestion, which is the same for every one of my clients coming to me for fertility. I tell them that for the next two months, they are not allowed to even "try" to get pregnant. Of course this is a "no-brainer" as far as "trying" anything. The first thing we learn in hypnosis 101—and the first thing I teach every client—is the importance of our self talk, and that subconsciously, "trying" is equivalent to "failing." But my reasoning for the two month reprieve goes beyond this basic thought concept.

By the time most fertility clients walk into my office, they are emotionally spent and I usually start with, “Tell me if I am even close on this one. Let’s see, each month you check your temp day and night until you determine that you have indeed ovulated. Once you decide the time is right, you call your husband and make him come home or tell him to stop whatever he is doing so that he can come and do his husbandly duty to deposit his sperm into you, (which by now really has become more of a duty rather than the pleasurable experience it used to be). You make sure you do it as often as possible over the next few days and then anxiously wait two long weeks to see if you get your period or not. The whole time, the stress continues to build while you are thinking ‘Please don’t come’ or ‘I hope I don’t get my period, I hope I don’t get my period,’ etc. Then your period arrives, and you fall apart with endless days of crying, or you fall into a terrible depression for a week or two and then you repeat the cycle all over again and again. Am I close?”

This is when most clients start to cry. Firstly, I have just hit the nail on the head, and secondly, they know I understand what they have been going through and they are just so relieved to have someone who understands what they have been going through rather than making them feel bad, or giving them totally unsolicited advice which thus far has not helped one bit. I let them have a good cry and then we begin our session by making her promise first and foremost not to try getting pregnant for at least two months. I clarify that I am not asking the couple to abstain from sex. Indeed, they are free to have as much sex as they would like as long as it is for the reasons that brought the couple together in the first place, which usually was for emotional and physical pleasure, bonding and intimacy. They simply aren’t to have sex specifically for the purpose of conceiving a child. Of course I always give the waking suggestion that they just may end

up getting pregnant unintentionally over the next few weeks, however the stress stops right now as far as feeling the need to get pregnant. They are agreeing to put that on hold for at least the next two months.

You can see the relief come across the client's face immediately and you can be assured that the next time you see her, the first words out of her mouth will be how happy and relieved her husband was when she went home and told him that they are not allowed to "try" to get pregnant for the agreed amount of time. In Jane's case, when she came back the following week, she admitted to me that her husband had initially been unsure of and more than a little hesitant about her coming to see a hypnotist. After coming home the prior week and announcing our agreement however, her husband not only told her that coming to see me was the best investment that they ever made, but he was now thinking about coming in to see me himself to work on his "road rage" issue.

People lead such fast paced, stressful lives and stress affects literally every aspect of our lives. Is it any wonder that one in four couples suffers with infertility? I must also suggest that the stress has been conveniently added to the mix simply because of the home pregnancy test. Seriously, in earlier days, (as little as a few decades ago), a woman was instructed to not even make a doctor appointment when she thought she might be pregnant, until after her second missed period. This was good advice when one considers that one in three pregnancies ends in miscarriage during the first trimester. This is because nature, in its infinite wisdom, will terminate most pregnancies that are not creating the perfect new little human. It is survival of the fittest to ensure viable, healthy pregnancies. So, in the past, if a woman suspected she might be pregnant, her appointment was scheduled enough in advance that when she was "late" and did get her period a few days or a few weeks later, she would just think that she was "late" getting her period and did not think anything of it. Now, however, women can take a home pregnancy test literally within a day of conceiving and learn that

they are pregnant thus forming an attachment to the unborn child and then feeling devastated at the loss when nature does what it does best which is to insure a healthy mother and healthy baby. Not only is the mother dealt an emotional blow that never existed before the home pregnancy test was invented, but now, because of early detection, the medical community seems to be cashing in by making the mother feel that there is a problem where none would have existed thirty-five years ago.

Now let's add the most important "rule of the mind" when it comes to fertility clients and is, I believe, the number one reason that I have such a great success rate thus far. Whether one focuses on what they want or what they don't want, all they will get is more of what they are focusing on. Read this last sentence again, as it is so important! Put another way, one gets what they focus on whether it is what they want or don't want. For a woman who wants more than anything to be carrying a child, the one indication she knows is a sure thing is not getting her period. From the day she started menstruating as a young girl, her life revolves around her cycle. Before she is ready to have a baby, her monthly "visitor" is a constant reassurance that everything is right in her world. And then, when she is pregnant, she knows because her period does not arrive. So when a woman wants to have a child, her one thought is "I hope I don't get my period." And when she desperately wants to get pregnant, her thought escalates to "I HOPE I DON'T GET MY PERIOD" or "PLEASE DON'T GET MY PERIOD", etc, etc, etc. And whether a woman focuses on what she wants or what she doesn't want, all she gets if what she is focused on.

Now I certainly would never tell a woman coming to me for help getting pregnant that I believe she has been sabotaging herself all this time, however I will explain that from this moment on, her period or lack of her period is merely an indication of whether a baby is being nourished or if next month might be better timing for whatever the reason may be.

And so with all of the above having been covered in our first session, and also determining that in Jane's case, perhaps the timing just hadn't been right yet, Jane decided that this all made perfect sense and away we went on her journey.

Her main concern was stress and anxiety. There were several reasons for her increased stress over the past few years, the main one of which was the death of Jane's father and Jane becoming the predominant caretaker for her ailing mother who had been living with her and her husband for the past five years. Jane had been a well-educated, (MBA), confident woman, and her mother was a miserable and dominating individual. From a cultural standpoint, it was expected that the children take care of their elders and the concept of an adult care facility was not to be even entertained. The mother was the Matriarch of the family, end of point. Jane's husband was totally supportive of all this, however, he was not the one dealing with it. He was out working all day. Jane had quit her job that she enjoyed to take care of her mother and there was no appreciation shown from the mother as she also was well into dementia. There was a lot of resentment. The last vacation that Jane and her husband had taken was prior to the arrival of her mother living with them.

Jane was exhausted and her immune system was down. She felt her confidence was shattered and she had no self-esteem. She disliked her own disorganization and lack of motivation. She couldn't even get herself to gather the necessary paperwork to get their taxes done. We had our work cut out for us however work we did. We started with the most basic, teaching self-hypnosis and emphasizing the importance of taking the time to practice on her own for the purpose of relaxation, and then we worked our way through one issue after the other meeting every couple of weeks. I should mention that at the very next visit, Jane had become pregnant again and by the following visit, had again miscarried. But Jane did not seem despondent or depressed over it. She felt that she was making progress in

what she needed to do to make her feel whole again. She was excited about every appointment and conscientiously did every bit of homework that we came up with to move her closer to her goals.

I should also add that Jane's husband did come to me for the road rage and saw immediate improvement. Jane then decided that she couldn't imagine raising a child in a house where the father did not eat vegetables. So Jane's husband agreed to come in to see me in the hopes that we could get him to the point of eating vegetables. When he came in, he couldn't even bring a vegetable to his lips without dry heaving. I am happy to announce that vegetables are now part of everyone's diet in that family.

We continued to work through everything that Jane felt the need to work through. And Jane continued to have no problem getting pregnant (three more times over the next six months), but also continued to miscarry. It was eventually determined that Jane did not create enough progesterone to sustain the early months of pregnancy and was thus given progesterone injections. And then, one Saturday, it happened. After working with Jane for months for so many different issues, in this one session, she dropped several "big ticket" pieces of information

First she let me know that in addition to being adopted, her parents were in their late fifties at the time she was adopted. In addition, every friend that her mother had either had adopted children or no children. Jane also told me that maybe she should have mentioned that her husband had an affair that she found out about right before she came in to see me that first time. And during the regression that I did with her that day, it came out that her father's last words to her were, "You have to be a good girl because your mom is dying."

To say that I was floored and flabbergasted is an understatement. No judgment indeed… however I had been working with this woman and her husband for over six months, and these somewhat pertinent tidbits were just coming out for the very first time? I also have to admit that the two of us

could totally see the humor in all this, and yet she had no explanation in waiting so long to tell me all this but somehow she felt it was important to mention today. And so the onion had been peeled and believe it or not we dealt with everything the following session which included forgiveness of her husband and more importantly of herself. And after all was said and done, she told me the words I had been waiting to hear from her. She said, “Teresa, I think I am ready to have a baby.” And just as confidently, my reply was, “Then let’s have a baby.”

And with that, we had the most beautiful, incredible and perfect session to receive a new life. She had received her progesterone shot. I used her favorite induction bringing her to her beautiful, favorite place in nature. I had her go inside with her special tool belt and do a complete body scan, allowing her the time to rejuvenate, replenish, build up, break down, refurbish, energize everything and anything that needed tending to, letting me know when everything in her body was perfect. I then had her go to her uterus and set it up, not from a clinical standpoint but the way it would be set up as a nursery. (I borrowed this from Lindsey Eastburn’s book *It’sConceivable*). Once Jane had scanned her body to the perfect environment for her optimal health and well-being, and then had her set up her nursery, (uterus) to the perfect environment to nurture a baby, complete with a comfy car seat to secure her baby to full term, then we called upon her “higher power, self or even God” to bring this new spirit that had been waiting for the perfect time to come into her life, to be brought to her right now in a safe, protective healing energy, that would allow conception to take place and then to imagine following this new little being along its path until reaching its interim residence inside her nursery where he/she would be loved and nurtured for the next nine months secure and protected until just the right moment, not a minute too soon nor a minute too late, and then at just the right moment, when the universe saw fit, to bring this beautiful healthy child into her arms.

I have to tell you that when the session was ended, Jane told me that she and her husband had made love the night before, and that although she was not sure about the timing, she could swear that she felt something and thought that maybe she had just conceived their baby. I of course suggested that perhaps some more reassurance couldn't hurt (in other words, if the mood strikes you, go home and have more sex).

And a few weeks later, Jane called to confirm what she had thought. She was indeed pregnant, and this pregnancy went full term resulting in the birth of a beautiful, healthy baby boy weighing in at almost 10 lbs. I was honored to be present at the birth of this beautiful and miraculous event.

About Teresa van Zeller

Teresa Van-Zeller, founder of Hypnosis 2000 is an Advanced Certified Clinical Hypnotherapist. For two decades she has been assisting her clients in achieving their goals, helping them to let go of previously unresolved limiting issues and showing them how to find new meaning and direction with their lives. She trains and certifies hypnotherapists teaching Roy Hunter's "Diversified Client Centered Hypnotherapist Course." Teresa is the author of *Birthing As Nature Intended, (B.A.N.I.)*™ and she has developed a complete childbirth education course by the same name, teaching parents how to prepare for the birth of their child as well as traveling all over the United States training professionals to become B.A.N.I.™ childbirth education practitioners.

In addition to teaching privately, Teresa enjoys training certified hypnotherapists in Parts Therapy, Regression and other areas of expertise. Being part of the Entertainment world and corporate communities, she enjoys traveling, teaching, and speaking in hospitals and at corporate functions as well as performing Hypnosis Stage shows and demonstrations for business events, network groups, and private gatherings. She has been featured on several television and radio programs including *The Baby Story, Total Health Talk and CuideSu Salud.*

www.hypnosis2000.com
www.birthingasnatureintended.com

Connecting to Her Spiritual Self

by Katherine Zimmerman © (California, USA)

Carol was able to connect with her spiritual guidance very easily, with little direction from me. The session starts in her sanctuary following the hypnotic induction.

Katherine: And describe that sanctuary for me, Carol. What's it like there?

Carol: It's like… it's inside a temple, there are pools, it's a big pool and there are pillars all around it, and at the front pool it's like an altar. There is a lot of light, but you can't really see it and a lot of lights bouncing off the water and pillar reflections in the water. And it feels very sacred.

Katherine: Let that sacredness of this place float into you and be that sacredness. Now, let yourself connect with the spirit that you are …prior to this lifetime. The spirit who existed between lives on the other side, free of physical form. What is that like… to be connected and only spirit?

Carol: It's floaty, and soft and expansive. But there is a solid center. And this color is like… reflective colors. Like colors that come off of crystals, at the center. And I still feel female."

Katherine: Now, between lives, you have a spirit name. What is that name?

Carol: I think it's Ishdora.

Katherine: And tell me, Ishdora, about yourself. What qualities do you possess?

Carol: I see clearly… perception. I assist beings… a potential, being their potential. I give insights. I'm a part of the whole.

Katherine: Carol would like to be more connected to who she really is… you. How can Carol express more of her spirit?

Carol: Once again, she needs to be quiet each day, to touch the part inside that wants to come out. It's beginning and she feels that, but she needs to make a doorway and the doorway is the silence. It's been with her most recent steps to expand her adventure, her life, and open to new experiences. It's been painful. It's painful for her to let go of people… but that process brings new… the people that fit, beings that fit better for her to express who she really is now. And the pain is worth it. She has a way to touch… a way to touch that is pleasant for people to touch their true… not true… to touch the joy.

She needs to move out of her pain to help herself and other express the joy. It moves energy out of the way. It brings life into the cells. It opens the body. People aren't afraid of it. When sometimes she sees envy in people's eyes, or pain or, comparing or she feels it and knows that she has backed away. She's made herself less to be not abrasive, to not hurt people. To be the same as they are so they won't feel different. But now she knows better how to do it so being playful is important to open the door, to speak true words, to touch the human heart, to pass through pain to bring joy to the world, to bring spirit… dancing spirit.

All those things she can't make her mind up about… all the things she does, because all those things are one thing… for her. And they're tying together now. The people are coming in that see her and appreciate not the personality but the essence is coming through. The lifetimes of pain have been important but not… (It) doesn't have to be that way anymore. There is more… I am waiting for….

She came in with joy in her heart, clean and open and they didn't. They loved her for it, but tried to fit her into what they believed was good for her and it broke her spirit and she hid me. She hid me. Too long. We're breaking news. She needs to know it's okay, don't take life personally. There's too much pain in the world and the joy is what we need now. It's in

the songs we sing and it's in the sound we make. It needs to be a vibration and it needs to come from her throat. Her throat has been closed too long. Restricted and someone else's words.

Even her mother sees her now and wants to know what it is before she dies. So she must open our throat to say what she needs to say and make sounds such as singing and chanting. To clear her neck and her throat, and her heart space. Laughter is good, too, for the sound to come from the breast. She's been delicate. Too delicate inside and now she's fortified. She's building a temple. She's building a stronger, being… not being body… to resonate in. Not so delicate.

She knows the earth. She needs more time with her feet touching the earth. So it can speak through her as in the ancient ways. She feels the words that come through the earth and the wisdom that needs to be spoken now to the people that want to hear. Quiet, near the earth and through her art. Words come through, they speak to those that can hear. And now I'm going, but I will be present if she wants to communicate with me.

Carol moved back into her sanctuary before returning to full awareness. She comments about her session:

This session was profound for me. I had such a deeply spiritual, yet physical experience. I knew without a doubt I was connected to something much greater than the "me" I created.

The information was clear and in line with my life. I could feel it entering my core as authentic and completely true for my life and my soul.

I am deeply grateful for the sacred time spent with a part of me I've known existed but have had a hard time connecting with. Through this process I knew anything and all things are possible. I now have access to a doorway that I can enter, if I just spend time each day pushing it open.

About Katherine Zimmerman

Katherine Zimmerman is a speaker, published author, Clinical Hypnotherapist (since 1981), and a professional hypnotherapy instructor; and her contribution to this book was copyrighted by her. Katherine's contact information is:

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Epilogue: Observations and Opinions

C. Roy Hunter, DIMDHA, FAPHP

The numerous cases presented in this book provide much food for thought for people who believe in a Higher Power, whether Christian, Jewish, Eastern, or otherwise. In addition, they may also trigger considerable thought for many people who do not consider themselves religious. They will no doubt result in some debates from skeptics as well as people who want scientific proof before changing their paradigms.

Regardless of your own opinions, the experiences were very real to the people involved; and because of all of the above, I decided to write a final chapter as a sort of *epilogue* in order to share some of my own observations and opinions.

Observations

As mentioned early in this book, my first professional experience with accessing Divine wisdom occurred in the mid-1980s, when a client allegedly accessed “Holy Spirit” and was able to quickly resolve her problem. Did she really communicate directly with a Higher Power and receive the response from the Holy Spirit? …Or instead, did she fantasize the Divine communication totally within the confines of her imagination? Regardless of which of the above is true, her problem was resolved and the experience seemed very real to her… along with a successful outcome.

Over the years, many of my clients have received guidance or wisdom from what they perceive as God, Christ, Yahweh, Creator, Heavenly Father, “I Am,” Holy Spirit, Higher Self, Divine Light, Spirit Guide, Michael the Archangel, guardian angel(s), etc. Other hypnosis professionals from

around the world have also discovered how to help their clients receive similar help from what their clients believe to be a Divine source, as evidenced by leading hypnotherapists who contributed case summaries to this book.

These observations are facts, regardless of the explanations for any particular session…whether the client experienced real divine contact or simply fantasized it. While none of the cases presented constitute proof of a Higher Power, many sessions through the years similar to the ones presented in this book have provided lasting results for the clients who participated. We may argue the explanation, but why should we debate the results when they empower the client or resolve problems?

The cases presented in this book by leading hypnotherapists from a number of different countries demonstrate that some amazing results are possible when an open-minded client seeks help from a Higher Power, and sees an open-minded hypnotherapist who sets his or her personal opinions aside and instead works within the client's belief system. When clients receive answers that seem to come from their Higher Power, their successful results are more important than the potential explanations, especially when the results are life-changing. However, although I am willing to admit to the skeptics that the sessions presented do not provide scientific proof of a spiritual realm, I must also remind the reader that *lack of solid proof* of a spiritual realm does *notconstitute disproof.*

Can false memories or fantasies occur during such a session, providing an explanation for spiritual sessions? My strong opinion is *YES*, because I have personally been on the receiving end of more than one session where I was not sufficiently deep enough in hypnosis to set aside my own preconceived opinions about what to expect. Additionally, I have witnessed a few sessions at hypnosis conferences over the years where the facilitator projected his or her own preconceived opinions or religious beliefs into the trance. If either the facilitator or the client has a preconceived opinion, it

can *taint the trance*, increasing the risk of the client receiving inaccurate information. For example, if a client is not a Christian, it would be unwise to ask the client to invite Jesus into the session. Likewise, it would be a mistake to suggest that a Christian ask for assistance from Buddha. It must be the *client's experience* rather than that of the hypnotherapist.

In other words, my observations over the years have caused me to conclude that the best way to facilitate a session with a good spiritual outcome involves several components:

The facilitator must be *client–centered*, working within the client's belief system.

Both facilitator and client should set aside any preconceived opinions about the outcome, and trust the inner wisdom and/or the client's perception of God or Higher Power.

Deeper levels of hypnosis increase the probability of good results by reducing the likelihood of what I call "conscious interference" from the analytical mind. It is important to procrastinate trying to analyze during the session, because there is plenty of time to analyze after the session. In a deep trance state, it is easier to trust the process provided the intention is pure. That being said, sometimes people can obtain good results even in lighter states if they can successfully set aside preconceived opinions and remain totally objective; but I personally am analytical and usually get better results if I am in a deeper state.

Now let me express some personal opinions….

Opinions

My own opinions can be summarized in several sentences:

The many cases presented in this book demonstrate that many people either believe or *want to believe* in a Divine spiritual realm, even if they are not religious.

If we have faith the grain of a mustard seed, it can move mountains of doubt regarding the existence of a God or Higher Power.

When we combine that same grain of faith with client-centered hypnosis, it is possible to gain some valuable insights regarding our life purpose and/or how to resolve problems.

I personally believe in a loving God or a Higher Power; and that if we love God (or our perception of God) with heart and soul and we love others as we love ourselves in balance, this sums up the meaning of all the sacred writings since the dawn of time.

My desire is that the *amazing stories* shared by numerous authors of this book will provide encouragement and hope to many undecided people who are searching for answers. While I know that these cases may not convince the seasoned skeptics, perhaps a few open-minded skeptics might be encouraged to reconsider the possibility of existence beyond the physical life. While other people's sessions do not prove the existence of a spiritual realm, the hypnotic experiences were *very real* to the clients involved; and were often life-changing sessions. Perhaps many undecided people will find hope and faith as well as encouragement from many of the case summaries presented by so many hypnosis professionals from around the world.

Also, as evidenced in this book, different hypnotherapists use different approaches to help clients access Divine wisdom or attain spiritual insight. My *Spirit Trek* protocol is not the only way, because there is no "one correct way" to accomplish this. Just as there are many different ways to get from Los Angeles to New York, there are different ways to help a client achieve results. Some journeys are more direct, while other journeys might take a little longer. In my opinion, the destination is more important than the journey.

If you seek a spiritual journey from a hypnotherapist, endeavor to find one who will help you reach your desired destination. Also, in my opinion, it is important for both the client and facilitator to proceed with a trust in

God or Higher Power to provide accurate information that is appropriate for the client. I will paraphrase something mentioned in my "Observations" section of this chapter: *Both the facilitator and the client must have pure intentions*. Preconceived opinions from either the client or the facilitator can influence the information received. If you desire such a session, endeavor to make certain that your prospective hypnosis professional is willing to work within your own personal belief system… then be open to receive your answers without filtering them by your own preconceived opinions.

Once you set aside your preconceived opinions and enter hypnosis with a desire to trust your Higher Power, *be prepared to be surprised*. Sometimes a session takes a different turn than what was originally expected. Note that some of the cases presented in this book had surprises for the client, as did a couple of the sessions in my own chapter of case summaries. This can often happen when you allow a professional to work with you who practices *client centered hypnotherapy*.

Also note that people of different faiths have enjoyed good results from spiritual treks, occasionally with surprising results. Several times over the years a client has reported seeing Christ enter a session even when that client was not a Christian. A hypnotherapist who saw me as a client during the 1990s was asked to *call an Ascended Master* and suddenly asked why Jesus appeared to her. She exclaimed that she was Jewish by race and religion. Then she said that He responded, "I was also Jewish in my last life!" Then, just several weeks after that session, a conservative Christian reported to me that God asked her to invite Buddha into a session.

Why did the non-Christian see Jesus, while the Christian saw Buddha? I do not have an answer that question. We can only speculate, as often this type of work creates more questions than answers for the hypnosis professional who facilitates spiritual sessions. However, many clients receiving spiritual hypnosis have enjoyed life-changing breakthroughs.

As we proceed into the twenty-first century, I can only ponder the realm of possibilities if more doctors and medical practitioners learn the *art of spiritual hypnosis* and start applying it to most of their patients. Over twenty-five years ago a world-renown scientist told me, “We are only touching the TIP of the top of the iceberg regarding the potential of the human mind, and hypnosis is the key to tapping that potential.” He added that he wanted more credible research to be done with hypnosis and the mainstream medical community. That same scientist also told me that most people would be surprised if they knew how spiritual Einstein was. Can the subconscious influence the soul, or vice versa, resulting in physical healing as well as emotional healing? …and what about physical death?

Only God knows for certain where the soul will go on its Spirit Trek after this physical life is done. However, I’d prefer to believe that our own character may have much to do with where we go on the next journey. May your spiritual journey in the afterlife be at warp speed into heavenly realms. In the meantime, may you live long and prosper!

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I appreciate Joni Wiley Zukowski for facilitating an important spiritual journey for me over ten years ago, when my Higher Power informed me that the spiritual hypnosis book would be written when the time was right. This session resulted in my putting the project on the shelf instead of dropping the idea altogether.

As the years passed, it seemed increasingly difficult for me to set aside enough time to facilitate over 100 client case histories based on the concept of spiritual hypnosis. Then, during the winter of 2014, Stephanie Rothman gave me the idea that made this book a reality. She edited *Everyday Miracles of Hypnotherapy*, with chapters submitted by many well-known hypnotherapists from around the world. When she suggested that I do likewise with this book, I knew *immediately* that the time was right.

Next, I contacted a number of well-known hypnotherapists to find out who would be interested in this project. All the contributing authors deserve not only my appreciation and acknowledgment, but also deserve the appreciation of all the readers who are encouraged by the amazing stories they shared. Their names are in this book, along with their contributions. Several other professionals heard of this project and wanted to contribute,

so I included their case summaries in a “Guest Author” chapter, which really makes this project more credible. I am very grateful for their contributions.

I kept in contact with my fellow chapter authors by email, and we debated over whether to self-publish or seek a publisher. Then Amanda Rosse approached me from Blooming Twig and put me in contact with Kent Gustavson and his associate. Their timing could not have been better!

Naturally I appreciate all the clients whose case summaries appear in print, and wish them their Highest and Best Good.

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Roy Hunter

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About the Editor

About the Editor

Roy Hunter is a highly respected author and trainer in the hypnotherapy profession. Originally trained and certified by Charles Tebbetts in 1983, Roy started a practice in the Seattle/Tacoma area. He started teaching his mentor's 9-month professional hypnosis course in 1987 at Tacoma Community College in Tacoma, Washington (USA); and has taught classes and workshops over the years in 17 different countries. He is the published author of several books, based on the work of Tebbetts and updated by his professional experience.

Hunter's first book was a book on self-hypnosis inspired by his years of sales experience prior to learning hypnotherapy. He self-published it in 1986; and three publishers published different versions with different titles in the years since. The current version is *Mastering the Power of Self-Hypnosis*, 2nd Edition (2011, Crown House Publishing).

After Charles Tebbetts passed on, Hunter wrote a two-volume text based on his mentor's course. *The Art of Hypnosis* (now in its 3rd edition) and *The Art of Hypnotherapy* (now in its 4th edition) are either recommended or required reading at numerous hypnosis schools worldwide. Hunter also has three other published books, including one he co-authored with Bruce N. Eimer, PhD, ABPP, who is a licensed clinical psychologist and published author of several books. It is entitled *The Art of Hypnotic Regression Therapy: A Clinical Guide*. This book comes highly praised by hypnotherapists, psychologists, and physicians who use hypnosis.

Roy has received numerous awards through the years, including recognition for lifetime achievement from three different organizations. He is a Fellow of the Association of Professional Hypnosis and Psychotherapy, and a Life Diplomate of the International Medical and Dental Hypnotherapy Association. His awards are listed on his website. His experience as a hypnosis trainer includes presenting a 2-day masterclass on parts therapy at the London College of Clinical Hypnosis, as well as numerous hypnosis conferences and venues on five continents. His website is: www.royhunter.com.